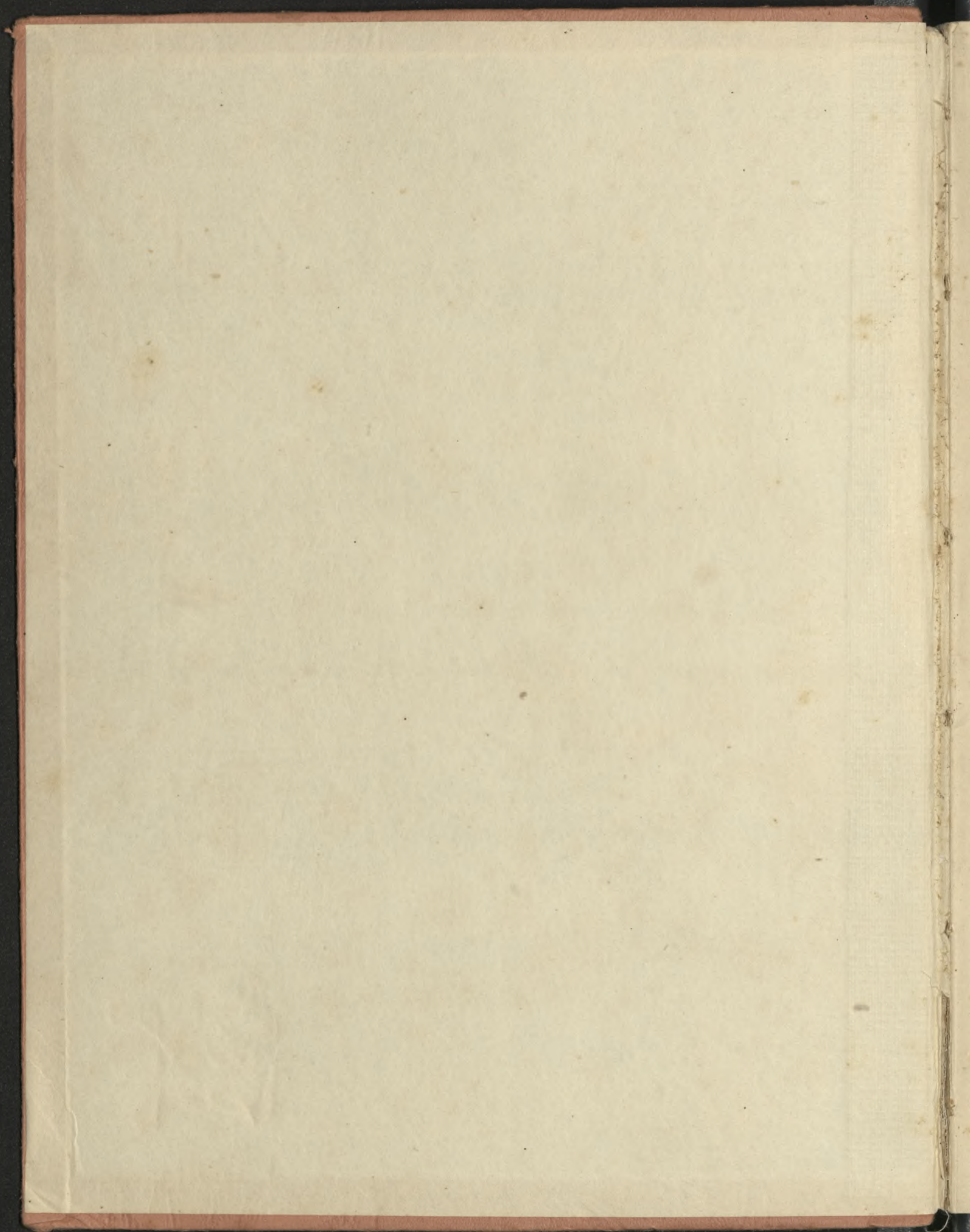


DIARY
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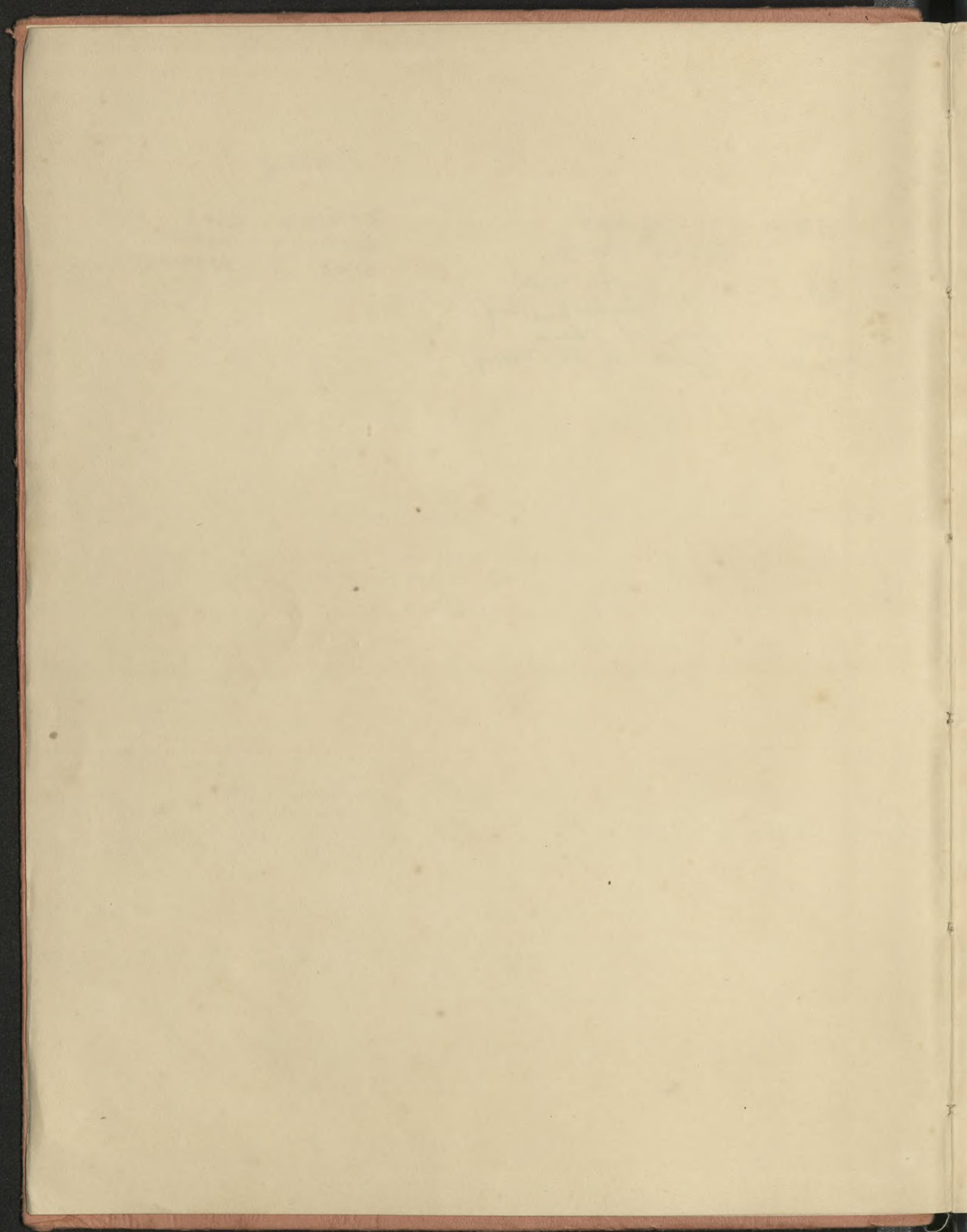
NOT V

GED = GEDELALARA
Bishop's house

B.A. = M.V. BETTY ANN
(~~House~~ ~~Burke~~)

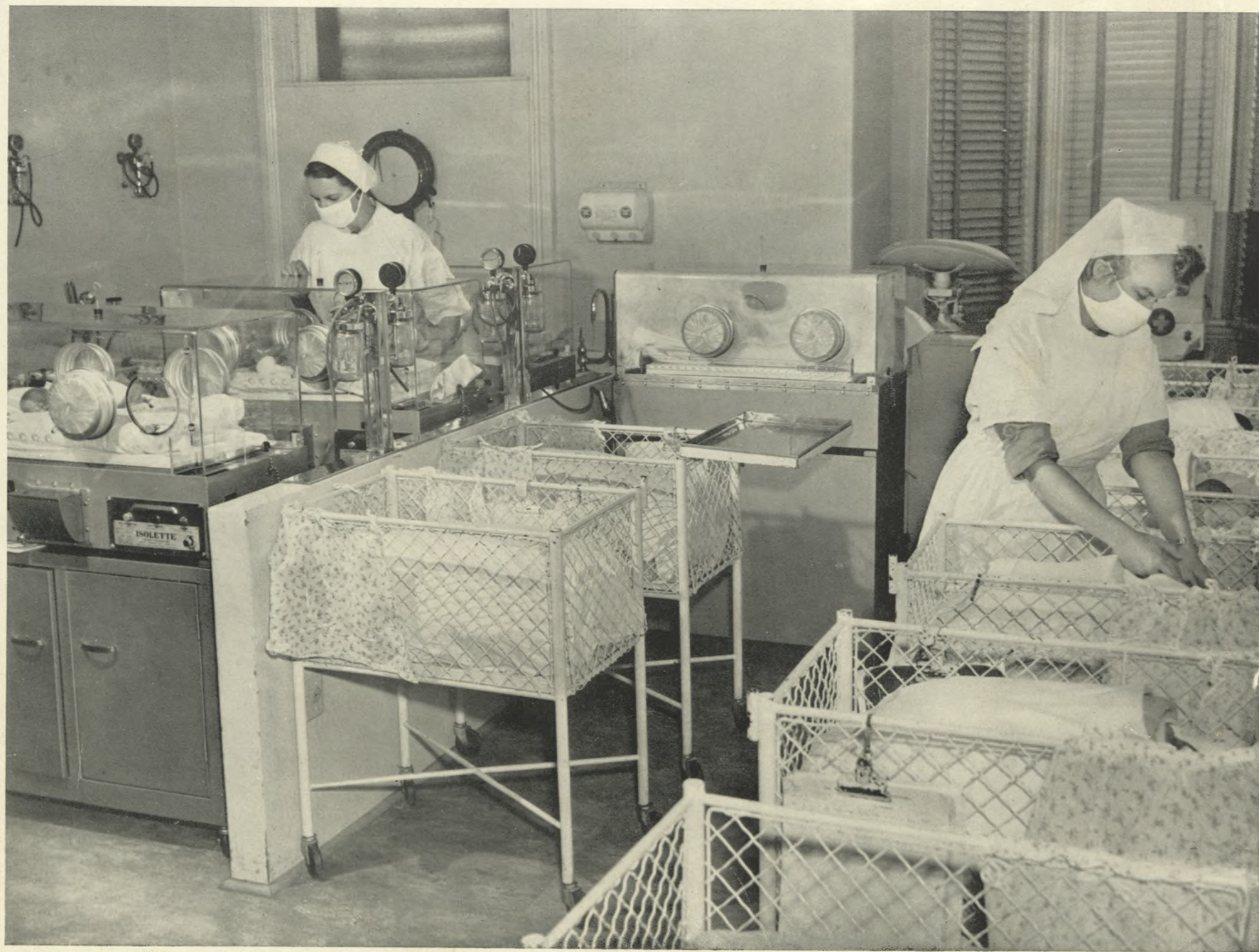
M.V. = Mother's Union
GSM = Guild of St. Mary

KANDO = GIFT
BONDO = FEAST
SIWO = MEDICINE



DIARY
1956

DIARY
1956



PREMATURE BABIES SECTION—CROWN STREET WOMEN'S HOSPITAL, SYDNEY
From this day forward . . . through the first and most important years . . . tender and expert
care will ensure that these very early Australians will grow to normal, healthy adulthood.

Monday 25th Poly
 6:30 AM 99⁴ Murgins
 2 PM 99⁴
 6 PM 99⁴
 26th 10 PM after being cold 101
 6 AM 100⁴
 12 AM 100⁴
 2 PM 101
 6 PM 99⁴ 1000 Aunamps
 7 PM 101 cold
 9 PM 99⁴
 27th 6 AM 98⁶ prevailing
 10 AM 98⁶
 2 PM 99⁸
 6 PM 99⁸
 4 PM 100⁴ hot
 28th 2 PM 99⁸
 29th 2 PM 99⁸
 30th 6 PM 99⁴

1st 9 PM 99⁴
 2nd 9 PM 99⁸ - Rappitah
 3rd 2 PM 99⁴
 6 PM 99⁸
 9 PM 99⁴
 4th 2 PM 98⁶ d. camp
 6 PM 99²
 9 PM 100.
 5th 2 PM 99² Rimpell
 6 PM 99² (old)
 10 PM 99² d. camp
 11 PM 99² d. camp

13/10/91
 13/10/91
 13/10/91

PREFACE TO THE THIRTY-SECOND EDITION.

Nestlé's Food Specialities (Australia) Limited take pleasure in presenting to the Medical Profession the thirty-second edition of their diary and hope it will continue to be both useful and interesting.

An alteration in arrangement of the diary portion has been introduced this year, which it is expected will prove more convenient than that used in earlier editions.

We have included a number of new abstracts of articles appearing in recent publications, covering the various aspects of nutrition.

NESTOGEN, a half-cream food introduced for the feeding of infants experiencing difficulty in digesting foods of normal composition, or exhibiting some degree of fat intolerance, has proved a useful addition to the Nestlé family of infant foods.

AROBON, for treatment of toxic diarrhoea, and NESTARGEL, a thickening powder for use in cases of habitual vomiting, have been used extensively overseas, and are now available from our offices.

NESCAFÉ, 100% Pure Coffee Solids, Instantly Soluble, and RICORY, the corresponding coffee-with-chicory product, both quality preparations, have a special appeal to users by reason of their ease of preparation.

MAGGI SOUPS, packed in sachets, in dry form, are now available in eight different varieties. They are quickly prepared, are appetising, and thus not only are useful additions to the table but also to the diet of the invalid.

We are pleased to acknowledge all extracts from scientific publications which we have used in compiling the present edition and also to thank those members of the Medical Profession who have made available to us helpful information.

It is our earnest endeavour to follow the latest developments in Infant Nutrition, and suggestions are, therefore, always welcome.

NESTLÉ'S RESEARCH LABORATORY

SYDNEY, 1st DECEMBER, 1955.

With compliments
Nestlé's Food Specialities (Australia) Limited
Head Office and Research Laboratory, 17 Foveaux Street, Sydney.

INDEX TO THE THIRTY SECOND EDITION

WILEY-INTERSCIENCE LABORATORY

NEW YORK, N. Y.

Diary, 1956

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VITAMINS AND AMINO ACIDS

Vitamin A and Congenital Abnormalities

J.A.M.A.—1953, Nov., p. 1176

Working with rats Warkany and Nelson showed that lack of vitamin A in the maternal diet during gestation resulted in structural abnormality in the offspring, fewer young and increased foetal reabsorption.

The young showed an abnormal proportion of congenital, visual, cardiovascular and genito-urinary defects.

On the other hand Cohan has shown excessive intake of this vitamin also caused congenital defects in the young, and only 10% had successful pregnancies.

This work suggests there is an optimum vitamin A intake during pregnancy.

Vitamin A Deficiency and Congenital Hydrocephalus

Millen, J. W., et al.—Lancet, 1953, 2, 1234

In Cambridge, Millen and co-workers have reported that offspring of an inbred strain of rabbits, kept for 14 weeks on a vitamin A deficient diet before mating, were hydrocephalic, whereas controls receiving a vitamin supplement, were not.

The gross hydrocephalus was attributed to stenosis of the aqueduct (inborn and inherited in certain strains of mice), but no evidence was forthcoming of bone deformation at the base of the skull or foramen magnum.

Should this correlation of vitamin A deficiency with hydrocephalus be confirmed by subsequent work and also apply to the human being, more attention to the pregnant woman's vitamin A intake will certainly be necessary.

Vitamin B₆ in Milk Products

J. B. Hassinen, G. T. Durbin and F. W. Bernhart—J. Nutr., 1954, 53, pp. 249-57

The heating process usually applied in the industrial sterilization of milk causes a very considerable loss of the vitamin B₆ content—tests have shown that from 33 to 66 per cent. of the B₆ present in the original fresh milk is destroyed.

Milk powders, on the other hand, lose comparatively little of this vitamin during manufacture, and have been found to retain from about 70 to 90 percent of the B₆ present in the fresh milk from which they were made.

Vitamin B₁₂ and Protein Metabolism

C. Wild, C. Reymond and A. Vannotti—Schweiz. Med. Wschr., 1955, 85, pp. 145-51

By inducing amino acidemia in healthy subjects, as well as in patients suffering especially from liver trouble, the authors have investigated the influence of certain of the B vitamins in the metabolism and utilization of amino acids (Nesmida).

They report that although vitamin B₁₂ in particular, has a very definite effect on protein synthesis from amino acids, this action does not occur in hepatic patients. The writers suggest the possible utilization of this difference as a hepatic test.

Vitamin B₁₂ and Pernicious Anæmia

S. O. Schwartz, Z. A. Friedman and H. L. Gant—J.A.M.A., 1955, 157, 3 pp. 229-31

As a result of comparative trials with the parenteral administration of vitamin B₁₂ and liver extract, the authors reached the conclusion that vitamin B₁₂ therapy is an adequate substitute for liver, to sustain pernicious anæmia patients hæmatologically and neurologically, so long as the dosage was adequate and administered at sufficiently frequent intervals (30 mcg. monthly).

There is a possibility of tissue saturation and storage after sustained intensive treatment, with subsequent maintainance on smaller doses for some time.

A more slowly absorbed vitamin B₁₂ should eliminate present objections to this therapy.

Adult Vitamin C Requirements

Med. J. Aust., 1954, 1, 785

In a leading article, recent research on vitamin C requirements in human adults is summarised in the statement "30 mg. of ascorbic acid per day should fill all requirements except possibly in cases of severe tissue stress".

Vitamin C Supplements for Infants

Food and Nutrition Notes and Reviews—1953, 10, 1 and 2, pp. 7-10

To prevent scurvy and maintain the vitamin C content of blood and tissues at a satisfactory level, a minimum daily allowance of 25 mg. of ascorbic acid is recommended for infants up to one year old.

For children from one to six years, 25 to 50 mg. is necessary. (Recommendations in the literature vary from 10 to 30 mg. and 15 to 50 mg. for these respective ages.)

Breast-fed infants should get sufficient ascorbic acid from mother's milk only provided her vitamin C intake is adequate.

Artificially fed infants should get a supplement from two weeks of age, commencing with one teaspoonful of orange juice diluted with an equal volume of warm water, gradually increasing the amount and at the same time reducing the **water**.

Tables are given which indicate that two ounces of orange, lemon or grape-fruit juice yield the requisite 25 mg. of ascorbic acid needed for infants, and four ounces of mashed potato (cooked in skin), six ounces of tomato juice or nine ounces of pineapple juice will supply the needs of the older child.

Unknowns in Vitamin C

L. J. Harris, Pub. Health Reports, 1954, 69, 429

Requirements:—There is no universal agreement as to the daily requirement of vitamin C to maintain health. Slightly less than 10 mg. daily will prevent scurvy but this obviously is not the optimum dose, and much more is needed to promote maximal growth response and normal physiological function in the young animal.

It is known that vitamin C participates in numerous chemical reactions as a reducing agent, although other chemicals often can replace the vitamin. This does not, however, appear to explain anti-scorbutic action. In deficiency, odontoblasts, ameloblasts, cementoblasts and osteoblasts lose their normal functions and cease to lay down new tissues. Also, vitamin C is involved in converting folic acid to folinic acid, in the metabolism of tyrosine and related substances, and probably in cholesterol metabolism. In all possibility vitamin C is associated in some manner with adrenal function.

But it is not known how vitamin C functions—no precise coenzyme system (comparable with that of the B group vitamins) is known.

As regards distribution this is extremely uneven and seems fortuitous. In some fruits, plant and animal tissues it is present in large amounts while in others, apparently analogous, it is almost entirely absent.

Three important "unknowns" require answers:

- (a) Quantitative requirements of vitamin C;
- (b) the reason for its apparently uneven distribution; and
- (c) the nature of the specific biochemical system or systems in which vitamin C functions and the derangement of which presumably leads to scurvy.

Vitamin Requirements of Artificially Fed Infants

Food and Nutrit. Notes and Rev.—1953, 10, 7 and 8, p. 70

Vitamin A.

Although cows' milk is a good source of vitamin A, it is usually diluted with water for infant feeding and therefore supplementary vitamin addition is necessary in the early stages. This need becomes progressively less since as the infant grows older the milk is diluted less, and additions to the diet replace the supplement. Dried milks with added vitamin A require no supplement.

Vitamin B Group.

Thiamin and riboflavin are adequately supplied to the normal infant by milk mixtures and there seems insufficient evidence as to whether niacin is required.

Vitamin C.

As soon as normal feeding is established, ascorbic acid should be given, either as tablets or orange juice, 25 mg. daily.

Vitamin D.

All infants need supplementary vitamin D, probably 800 I.U. daily, up to 3 months of age, which can be reduced as baby grows older (due to sun exposure) to probably 200 I.U. daily at about 6 months.

NUTRITION

Under-Feeding of Infants

B.M.J., 1954, Dec. 18, p. 1469

In a leading article reference is made to changing concepts in infant feeding, the former rigid control of composition and of quantity, and to the outstanding success of self-demand feeding.

Test-feeding rang the death-knell of the "age in months + 1" and the "2½ oz. per lb. expected body-weight per 24 hr." formulæ, and now adequacy, sterility and accessory factors are the three principles on which successful infant feeding is based. A small, active, rapidly growing infant with a large surface area relative to its weight, may require 4-5 oz. per pound body weight to fulfil its needs during the first two to three months of maximum growth rate.

Under-feeding is partly due to failure to recognise this period of rapid growth and partly due to failing breast milk supply, the effects of which can be overcome by supplementary feeding.

Over-feeding is considered to be a myth, and mention is made that some dried milk feeding tables require liberalisation to bring them into line with present-day teaching.

Milk Dyspepsia Caused by Bottles of Pre-reconstituted Milk

J. R. Dreyfus—Schweiz. Med. Wschr., 1953, 83, 57-59

Good article on the danger of preparing all the feeds at one time for the whole day, when no refrigerator is available. Trials made in collaboration with Prof. Kästli, Manager of the Institute for Bacteriological Dairy Research, have shown that sweetened condensed milk, even of bacteriologically perfect quality, contains from 1,000 to 5,000 bacteria per cm³ 6 hours after addition of rice water, if this is done in February, at a low temperature (54-57° F.); the number of bacteria increases after 6 hours.

Even during winter months, pasteurized milk keeps only in the refrigerator.

Irradiated Milk and Vitamin D Content

K. H. Wagner—Milchwissenschaft, 1952, 7, 396-404

Violent attack against milk irradiation. The writer is of the opinion that irradiation is not only useless and difficult to control, but dangerous on account of the toxic substances that may form in the milk under the influence of X-rays.

The Curd of Milk

B. Spier and I. J. Wolman—J. Pediat., 1952

Goat's milk is not naturally a soft curd milk, but can be modified. Heat, dilution with water, acidification and homogenization are all effective in reducing the formation of large, tough curds from cows' milk in the baby's stomach. Normal pasteurization has little effect, but the higher the temperature and the longer the time of application the greater is the effect.

Addition of carbohydrate was ineffective, while corn syrup had little effect in curd modification.

Biological Problems of Homogenized Milk

J. Dochain (Prof. Lambrechts) Rev. Méd. Liège, 1953, 8, pp. 146-51.

In the U.S.A. 50-70% of the milk consumed is homogenized; in Belgium, 10-15%. Homogenized milk appears richer and its consistency more oily than untreated milk. Biologically and especially in infant feeding, homogenization is "of no interest" in gastric digestion of milk. Effect on intestinal digestion has yet to be determined.

Effect of the Homogenization of Milk and of Monoglyceride Emulsion on the Digestibility of Fats by the Infant

C. A. Sager—Zschr. f. Kinderhkd., 1952, 71, 541-48
Jochim—Milchwissenschaft, 1952, 7, 375-77

The homogenization of milk, it would seem, does not improve the digestibility of the fats. Nevertheless, the writer, basing himself on the new theories of Frazer, recognises the importance of the colloidal texture of the food on the resorption of the fats.

Criticism of Milk for Consumption

H. Heusser (Th. Baumann)—Schweiz. Med. Wschr., 1952, 82, 18

In the debate concerning milk for consumption, Dr. Baumann of Aarau (Switzerland) declared: **"I am opposed to the general pasteurization of milk for consumption"**.

- (1) because this increases its price;
- (2) because it may become reinfected after pasteurization (scarlet fever epidemic at Basle);
- (3) this encourages carelessness on the part of the producer who thinks it is no longer necessary to deliver clean milk as it will be pasteurized in any case.

The essential thing is to obtain a good milk at the source of production. Pasteurization is desirable for cream, because it may be dangerous when consumed raw.

Comparison of Bottle-and Breast-Fed Babies

A. Stewart and C. Westropp—B.M.J., 1953, 2: 305

At the age of one year, babies bottle-fed from birth were appreciably heavier than babies breast-fed for five months or longer, and were slightly more mature. The suggested explanation is that there existed some slight degree of underfeeding among the latter.

No evidence was found that the duration of complete breast feeding influenced infection rate of gastro-enteritis, bronchitis, broncho-pneumonia, otitis media and tonsillitis. Colds were equally common among breast and bottle-fed infants and under to-day's conditions danger in bottle-feeding no longer exists.

A New Infant Feeding Concept

W. W. Sacrett, Jr.—South. Med. J., Birm., Ala., 1953, 46, p. 358

Reports on a new infant feeding regimen, rapidly converting a six hour feeding scheme to three meals a day, and introducing foods other than milk from as early as the second day of life. The infants paralleled and some-times even surpassed the physical standards of babes fed in the usual way.

GENERAL

DIGESTION OF FATS*

Some Recent Data Concerning the Mechanism of Fat Digestion in Cœliac Disease

Cœliac disease in the child is characterised especially by a highly defective digestion of fats, a large quantity being found in the stools.

This disease is almost unknown in Italy and France, but it has attracted the attention of many doctors and biochemists in Switzerland, England, Holland and America, as its study may give the key to the mechanism of the digestion and absorption of fats.

There are two quite contradictory explanations as to how fats are broken down and absorbed:—

1. Complete hydrolysis.

Verzàr⁽¹⁾ considered fats were first completely broken down into fatty acids and glycerol before being absorbed.

2. Partial hydrolysis.

Unfortunately the Verzàr hypothesis does not explain completely the phenomena observed during the process of digestion

In 1936 Frazer⁽²⁾ affirmed that complete hydrolysis of fats was not necessary for their assimilation, and it appears that the essential point is not the breaking down of the fats but rather their very fine emulsification which permits of absorption. The hydrolysis is presumed to stop generally after about 1/3 of the fats have been broken down, in fact, its only purpose appears to be to ensure better colloidal suspension of the food mixture due to the mono- and di-glycerides formed.

Frazer⁽³⁾ has been able to show that paraffins—which, by their nature it is impossible to hydrolyse—can be absorbed if their state of colloidal suspension is sufficiently fine.

This theory has been strongly confirmed by the work of Desnuelle⁽⁴⁾ and Favarger⁽⁵⁾, the latter showing by means of fats labelled with heavy hydrogen, that hydrolysis varies between 12 and 28 per cent. and never exceeds 30 per cent

How Can the Digestion of Fats be Improved in Cœliac Disease?

Glanzmann⁽⁶⁾ has shown that by empiric methods cœliac disease can be cured. Sheldon⁽⁷⁾ and Haas⁽⁸⁾ exclude flours from the child's diet, whereas Fanconi⁽⁹⁾ found potato starch (150-200 g. per day) well tolerated.

* Nestlé.

(1) F. Verzàr & E. J. McDougall—Absorption from the Intestine. Longmans Green & Co., London. 1936.

(2) A. C. Frazer—Analyst—1938. 63, 308.

(3) A. C. Frazer & coll.—J. Physiol.—1944. 103, 306.

(4) P. Desnuelle—Bull. Soc. Chim. Biol.—1951. 33, 909-23.

(5) P. Favarger—Exp. Ann. Biochim. Méd. Masson, Paris—1951. 49-78. Helv. Chim. Acta—1951. 304, 1641-1654

(6) E. Glanzmann—Médecine des enfants. Rouge, Lausanne—1947. 274.

(7) W. Sheldon—Archiv. Dis. Childhood—1949. 24, 81 & 245.

(8) S. Haas—Management of Cœliac Disease. Lippincott, London. 1951.

(9) G. Fanconi—Nestlé Annals No. 10—1952

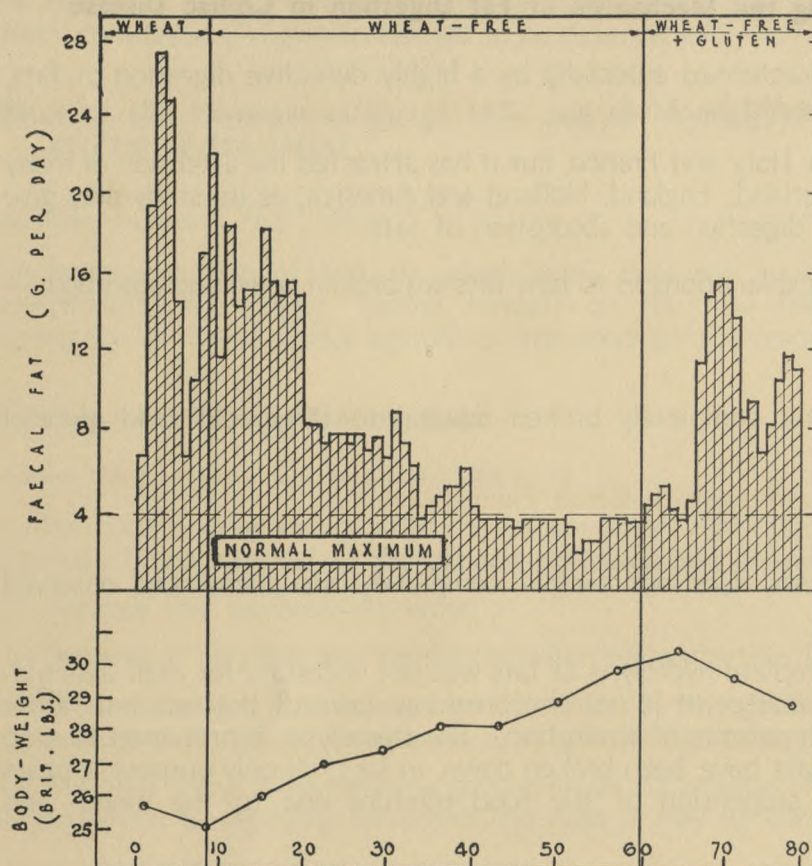
In America⁽¹⁰⁾ emulsifying agents to improve fat absorption gave good results, while in Holland⁽¹¹⁾ pediatricians found starch in contra-distinction to cereal flours gave very favourable results, even in the most serious coeliac cases.

Frazer⁽¹²⁾ et al. in Birmingham have advanced our knowledge by a comprehensive study of fat balance, determination of pancreatic, measurement of systemic hyperlipæmia, and radiography of the small intestine.

They showed that wheat gluten is one of the principal agents responsible for poor assimilation of fats in the coeliac child.

It seems that treatment of the coeliac child is essentially a dietary problem. Complete fat hydrolysis is not necessary for assimilation—when about one-third has been hydrolysed, emulsification is sufficient to ensure absorption. Colloidal dispersion of fats seems at least as important as their hydrolysis.

Thus coeliac disease seems due to a disturbance of the emulsion mechanism and the improvement of the colloidal texture of the food by adding Tween 80 or starch, is often sufficient to effect a cure. It would appear that a close relationship exists between fats and proteins during the process of their digestion.



FAT BALANCE IN A CÆLIAC PATIENT (12)

Continuous fat-balance in a child on 50 g of fat daily, showing fall in fæcal fat and rise in weight on wheat-free diet, followed by deterioration on gluten.

Effect of Fluid Intake and Lactation

Illingsworth, R. S., and Kilpatrick, B.—Lancet, 1953, Dec. 5

In a controlled investigation half the mothers in a maternity unit were instructed to drink at least 6 pints (120 ozs.) of fluid daily. They averaged 107.5-ozs.

The controls, allowed to drink what they wanted, averaged 69.1-ozs., and the gain in weight of the babies, and incidence of full breast feeding was observed.

There was no evidence that forcing fluids was beneficial but on the other hand there was evidence that more milk was produced by those mothers who drank only to satisfy their needs.

(10) H. Boyd & coll.—J. of Pediatrics—1951. 38, 493-97. C. M. Jones—Ann. Int. Med.—1948. 29, 1-10.

(11) W. K. Dicke, H. A. Weyers & coll.—Summary of communications to the Sixth International Congress of Pediatrics, Zurich—1950. 117-118.

(12) A. C. Frazer & coll.—Lancet—1952. 262, 836-42.

Lactobacillus Acidophilus and Lactobacillus Bifidus in Infant Feeding

P. György. Quart. Rev. of Ped., 1955, 10:17.22

Considerable importance has been attached to the discovery of Bifidus flora in the intestines of breast-fed infants, in recent years—the bacillus is normally not present when infants are artificially fed. Acidifying bacteria tend to eliminate the “coli” and other proteolytic types.

Establishment of the Bifidus flora is mainly due to the existence of favourable culture conditions. While it is impossible to produce this intestinal flora by ingestion of the micro-organism even in massive doses, this end readily can be achieved by establishing the requisite cultural conditions in the intestines. Human milk establishes such conditions; cows' milk does not.

The Bifidus factor can be separated from human milk by dialysis, the non-dialysable portion being high in micro-biological activity and containing mucopolysaccharides with acidic properties. However, human milk is the only satisfactory known source of this Bifidus factor.

It should not be overlooked that, scientifically, there is as yet no proof of the superiority of acidophilus milk or that the presence of a Bifidus flora is of biological importance. The presence of Bifidus is a consequence of breast-feeding and to date there is certainly no positive indication that it is essential to the well-being of the infant.

Treatment of Acute Infantile Diarrhoea with Carob Flour (Arobon)

P. U. Abella—J. of Pediatrics, 1952, 41, 182-187

Excellent study on the administration of Nestlé's **Arobon** in **300** cases of infantile diarrhoea. For control purposes **300** patients with the same type of diarrhoea were treated on a similar regimen but **without Arobon**.

The Arobon group shows that formed stools appear after an average of 1.16 days as compared to 6.08 days in the group without Arobon. It took an average of only 5.97 days before the “going-home formula” was tolerated in the Arobon group compared to 9.18 days in the non-Arobon group. Patients treated without Arobon stayed an average of 3.33 days longer in the hospital and had 6 per cent. more readmissions. During their hospital stay the average weight gain of those treated with Arobon was 14 ounces compared to 9.87 ounces average weight gain of those treated without Arobon.

Treatment of Vomiting Babies with Carob Seed Flour

H. Fasold—Münchener Med. Wschr., 1952, 94, 1465-1467

Enthusiastic report on Nestargel: “In our hospital, Nestargel has been used in 25 cases of habitually vomiting babies. In 22 cases, vomiting ceased immediately; the weight curves, irregular up to that moment, began rising regularly. In the three other cases, a slight dyspepsia had to be treated with Aplona or Arobon, after which the treatment with Nestargel was resumed with success.”

The author also stresses the facility with which Nestargel can be used even out of hospital.

Parenteral Nutrition

J. H. Strichler and C. O. Rice—Minn. Med., St. Paul, 1953, 36: 201-88

These authors used a solution containing 12% invert sugar, 6% amino acids and 4% alcohol, furnishing 1000 calories per litre, at the rate of 1 litre every 8 hours, by continuous infusion into the basilic vein of the antecubital fossa.

THE DIGESTION OF INFANTS FOOD PREPARED FROM COWS' MILK *

In the infant's stomach human milk coagulates in very fine clots, under the combined action of enzymes and the pH of the stomach content—the latter becoming more acid as digestion proceeds. The proteins, mainly albumin and casein, are normally present at about 1.5 per cent., of which approximately 0.5 per cent. is casein. Cows' milk, on the other hand, has a protein content of about 3.5 per cent. and of this 3.0 per cent. is casein.

Casein is coagulated by rennin and acid but not by boiling, while heat and acid but not rennin coagulate albumin. Thus the high percentage of casein in cows' milk means more rapid coagulation in the stomach than with human milk and it is necessary to reduce the protein by modification as well as to ensure the physical condition is changed by special treatment to prevent the formation of large indigestible clots.

Early attempts to modify cows' milk for infant feeding were directed toward obtaining the ratio between fat, lactose and protein present in human milk. This overlooked the preponderance of casein and that the amino acid structure of this protein differed from that of albumin.

As a result of experience modern pediatrics now teaches that a modified milk mixture of the same total solids content as human milk should have at least 2.1 per cent. of protein, not 1.5 per cent. as in human milk, in order to ensure a sufficiency of essential amino acids.

In manufacturing a milk food for infants which can be readily digested, it is necessary to see that the protein is physically altered in its reactions to enzymes and acids to ensure that, when acted on by rennin, the natural toughness of the curd of cows' milk protein is reduced. Pasteurization, essential to destroy pathogenic organisms which may be present, has relatively little effect on softening the rennin-formed curd and heat treatment, to be effective, must be taken to the stage of boiling. Homogenization and heat treatment is still more effective, while the special spray process (which is extremely rapid) of drying, used in "Lactogen" and "Vi-Lactogen," gives even better results than boiling modified fluid milk for ten minutes. The curds which result on rennin coagulation are voluminous and easily disintegrated, are soft and more readily permeable to digestive juices.

Properly controlled *in vivo* studies of digestibility present innumerable difficulties as well as risks, and therefore some method of rapidly carrying out *in vitro* tests under comparable conditions is necessary to assess digestive characteristics of an infant food. "Curd tension," a means of comparing the toughness of the coagulum obtained by rennin action, indicated that milks differed in this respect, but, since chemical changes, addition or subtraction of salts, homogenization and heat treatment all affected the curd tension, this method cannot be considered entirely satisfactory as a measure of digestibility.

The latest technique takes into consideration other factors which also influence digestion. Special apparatus to simulate physical and chemical conditions of gastric digestion in the infant's stomach, is used, with approximate enzyme strength, increasing pH and peristaltic constriction, which influences particle size, enzyme penetration and ultimate digestibility.

The technique evolved by Doan and Dizikes† was followed in this laboratory and a graph drawn from the results obtained.

* Nestlé Research Laboratory.

† Doan, F. J., and Dizikes, J. L.—Digestion Characteristics of Various Types of Milk Compared with Human Milk—Bulletin 428, Agricultural Experiment Station, State College, Pennsylvania.

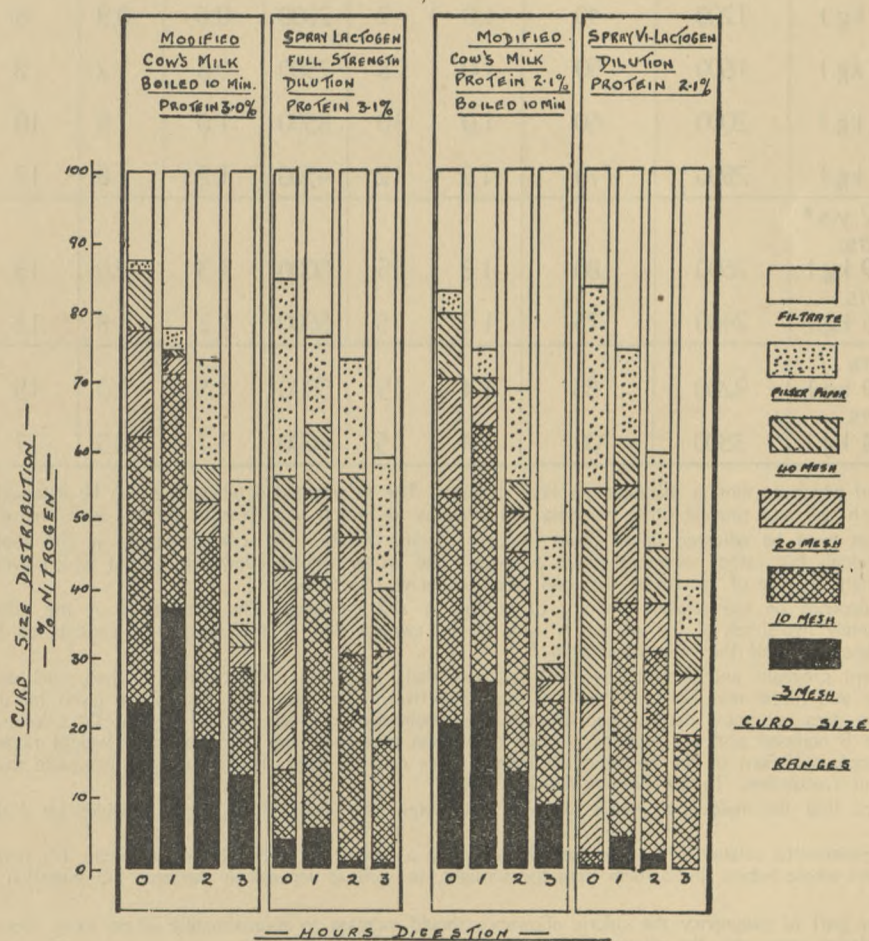
In one group, cows' milk modified to the protein content of "Lactogen" and then boiled 10 minutes is compared with "Lactogen," and in the second, cows' milk modified to 2.1 per cent. protein and boiled 10 minutes is compared with "Vi-Lactogen" at the same protein percentage.

The graph shows in terms of curd particle size measured at hourly intervals for 3 hours, the progressive changes during digestion, and also demonstrates curd characteristics.

Milk pasteurized but not boiled gave a larger particle size than in the case of boiled milk.

Even boiling modified cows' milk for 10 minutes gives less satisfactory digestibility than that of "Lactogen" and "Vi-Lactogen" produced by the special Nestlé process of manufacture.

Our trials were made with rubber tubes containing the milk under test, held at 99° F. and rhythmically squeezed to imitate peristalsis, with artificial gastric juice containing hydrochloric acid, rennin and pepsin. At half-hourly intervals hydrochloric acid was added progressively to reduce the pH, and at the end of each hour of digestion samples were withdrawn for measurement of the curd particle size, as well as for determination of the nitrogen. This nitrogen figure was utilised with a means of gauging the amount of protein present.



Graph illustrating percentage of nitrogen in each fraction gives a comparison of the changes taking place during digestion. The darker the shading, the larger the particle size.

RECOMMENDED DAILY DIETARY ALLOWANCES¹.

Reprint No. 129, Revised 1948

Food and Nutrition Board, National Research Council, Washington, U.S.A.

	Calories ²	Protein, gm.	Calcium, gm.	Iron, mg.	Vitamin A, ³ I.U.	Thiamine, ⁴ mg.	Ribofla- vin, ⁴ mg.	Niacin (Nicotinic acid), ⁴ mg.	Ascorbic acid, mg.	Vitamin D, I.U.
Man (154 lb., 70 kg.)										
Sedentary	2400	70	1.0	12 ⁵	5000	1.2	1.8	12	75	6
Physically active	3000	70	1.0	12 ⁵	5000	1.5	1.8	15	75	6
With heavy work	4500	70	1.0	12 ⁵	5000	1.8	1.8	18	75	6
Woman (123 lb., 56 kg.)										
Sedentary	2000	60	1.0	12	5000	1.0	1.5	10	70	6
Moderately active	2400	60	1.0	12	5000	1.2	1.5	12	70	6
Very active	3000	60	1.0	12	5000	1.5	1.5	15	70	6
Pregnancy (latter half)	2400 ⁷	85	1.5	15	6000	1.5	2.5	15	100	400
Lactation	3000	100	2.0	15	8000	1.5	3.0	15	150	400
Children up to 12 yrs. ⁸										
Under 1 yr. ⁹	110/2.2 lb. (1 kg.)	3.5/2.2 lb. (1 kg.)	1.0	6	1500	0.4	0.6	4	30	400
1-3 yrs. (27 lb., 12 kg.)	1200	40	1.0	7	2000	0.6	0.9	6	35	400
4-6 yrs. (42 lb., 19 kg.)	1600	50	1.0	8	2500	0.8	1.2	8	50	400
7-9 yrs. (58 lb., 26 kg.)	2000	60	1.0	10	3500	1.0	1.5	10	60	400
10-12 yrs. (78 lb., 35 kg.)	2500	70	1.2	12	4500	1.2	1.8	12	75	400
Children over 12 yrs. ⁸										
Girls, 13-15 yrs. (108 lb., 49 kg.)	2600	80	1.3	15	5000	1.3	2.0	13	80	400
16-20 yrs. (122 lb., 55 kg.)	2400	75	1.0	15	5000	1.2	1.8	12	80	400
Boys, 13-15 yrs. (108 lb., 49 kg.)	3200	85	1.4	15	5000	1.5	2.0	15	90	400
16-20 yrs. (141 lb., 64 kg.)	3800	100	1.4	15	6000	1.7	2.5	17	100	400

¹ Objectives toward which to aim in planning practical diets: The recommended allowances can be attained with a good variety of common foods which will also provide other minerals and vitamins for which requirements are less well known.

² Calorie allowances must be adjusted up or down to meet specific needs. The calorie values in the table are therefore not applicable to all individuals but rather represent group averages. The proper calorie allowance is that which over an extended period will maintain body weight or rate of growth at the level most conducive to well-being.

³ The allowance depends on the relative amounts of vitamin A and carotene. The allowances of the table are based on the premise that approximately two-thirds of the vitamin A value of the average diet in this country is contributed by carotene and that carotene has half or less than half the value of vitamin A.

⁴ For adults (except pregnant and lactating women) receiving diets supplying 2000 calories or less, such as reducing diets, the allowances of thiamine and niacin may be 1 mg. and 10 mg. respectively. The fact that figures are given for different calorie levels for thiamine and niacin does not imply that we can estimate the requirement of these factors within 500 calories, but they are added. Other members of the B complex also are required, though no valuvin allowances are based on body weight rather than calorie levels. niacin will tend to supply sufficient of the remaining B vitamins. es can be given. Foods supplying adequate thiamine, riboflavin, and merely for simplicity of calculation. In the present revision, ribofla

⁵ There is evidence that the male adult needs relatively little iron. The need will usually be provided for if the diet is satisfactory in other respects.

⁶ The need for supplemental vitamin D by vigorous adults leading a normal life seems to be minimum. For persons working at night and for nuns and others whose habits shield them from the sunlight, as well as for elderly persons, the ingestion of small amounts of vitamin D is desirable.

⁷ During the latter part of pregnancy the calorie allowance should increase to approximately 20 per cent. above the preceding level. The value of 2400 calories represents the allowance for pregnant, sedentary women.

⁸ Allowances for children are based on the needs for the middle year in each group (as 2, 5, 8, etc.) and are for moderate activity and for average weight at the middle year of the age group.

⁹ Needs for infants increase from month to month with size and activity. The amounts given are for approximately 6 to 8 months. The dietary requirements for some of the nutrients such as protein and calcium are less if derived largely from human milk.



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MEN OF EMINENCE positively prefer NESCAFÉ



REASONS—

- alpha: They are connoisseurs of coffea tosta
- beta: They know that Nescafé is 100% coffea arabica
- gamma: They like the way it can be served instanter
... and they enjoy it noir or au lait

Nescafé . . . another of Nestlé's good things

Further recommendations:

Fat. There is available little information concerning the human requirement for fat. Fat allowances must be based at present more on food habits than on physiological requirements. While a requirement for certain unsaturated fatty acids (the linoleic and arachidonic acids of natural fats) has been amply demonstrated with experimental animals, the human needs for these fatty acids is not known. In spite of the paucity of information on this subject there are several factors which make it desirable (1) that fat be included in the diet to the extent of at least 20 to 25 per cent. of the total calories and (2) that the fat intake include essential unsaturated fatty acids to the extent of at least 1 per cent. of the total calories. At higher levels of energy expenditure, e.g., for a very active person consuming 4500 calories and for children and for adolescent persons, it is desirable that 30 to 35 per cent. of the total calories be derived from fat. Since foodstuffs such as meat, milk, cheese, nuts, etc., contribute fat to the diet, it is necessary to use separated or "visible" fats such as butter, oleomargarine, lard, or shortenings to supply only one-third to one-half the amounts indicated.

Water. A suitable allowance of water for adults is 2.5 liters daily in most instances. An ordinary standard for diverse persons is one milliliter for each calorie of food. Most of this quantity is contained in prepared foods. At work or in hot weather, requirements may reach 5 to 13 liters daily. Water should be allowed *ad libitum*, since sensations of thirst usually serve as adequate guides to intake except for infants and sick persons.

Salt. The needs for salt and water are closely interrelated. A liberal allowance of sodium chloride for the adult is 5 grams daily, except for some persons who sweat profusely. The average normal intake of salt is 10 to 15 grams daily, an amount which meets the salt requirements for a water intake up to 4 liters daily. When sweating is excessive, one additional gram of salt should be consumed for each liter of water in excess of 4 liters daily. With heavy work or in hot climates 20 to 30 grams daily may be consumed with meals and in drinking water. Even then, most persons do not need more salt than usually occurs in prepared foods. It has been shown that after acclimatization persons produce sweat that contains only about 0.5 gram to the liter in contrast with a content of 2 to 3 grams for sweat of the unacclimatized person. Consequently after acclimatization, need for increase of salt beyond that of ordinary food disappears.

Iodine. The requirement for iodine is small, probably about 0.002 to 0.004 mg. daily for each kilogram of body weight, or a total of 0.15 to 0.30 mg. daily for the adult. This need is met by the regular use of iodized salt; its use is especially important in adolescence and pregnancy.

Phosphorus. Available evidence indicates that the phosphorus allowances should be at least equal to those for calcium in the diets of children and of women during the latter part of pregnancy and during lactation. In the case of other adults the phosphorus allowances should be approximately 1.5 times those for calcium. In general it is safe to assume that if the calcium and protein needs are met through common foods, the phosphorus requirement also will be covered, because the common foods richest in calcium and protein are also the best sources of phosphorus.

Copper. The requirement for copper for adults is about 1 to 2 mg. daily. Infants and children require approximately 0.05 mg. for each kilogram of body weight. The requirement for copper is approximately one-tenth that for iron. A good diet normally will supply sufficient copper.

Vitamin K. The requirement for vitamin K usually is satisfied by any good diet except for the infant *in utero* and for the first few days after birth. Supplemental vitamin K is recommended during the last month of pregnancy. When it has not been given in this manner, it is recommended for the mother preceding delivery or for the baby immediately after birth.

Folic Acid. Evidence for recognizing folic acid (pteroylglutamic acid, vitamin B₉, L. casei factor or vitamin M) as an essential human nutrient is presented in the text. The quantitative requirement cannot be closely estimated from evidence now available.

VITAMIN

VITAMIN A

(The anti-ophthalmic anti-infective vitamin—Oil soluble—Heat-stable, cooking or drying at usual temperature has little effect—Oxidises at higher temperatures).

Prevents infections (especially of eye and respiratory system), promotes growth and long life, appetite and digestion, and maintains vigour. It is essential for normal reproduction and lactation and for maintaining the integrity of epithelial tissue. Deficiency may result in gland and sinus infection, kidney, ureter and bladder calculi, diarrhoea, physical weakness, etc.

The International Unit is 0.6 μ g of International Standard β Carotene.

ANEURINE (Vitamin B₁)

(The anti-neuritic vitamin—Water- and Alcohol-soluble—Heat-labile, especially in alkaline solutions).

Promotes appetite and digestion, as well as growth, by improving metabolism, and also tonicity of the digestive tract.

It protects against nerve disease, e.g. polyneuritis and beri-beri, in association with other B vitamins and is necessary to the mother for normal lactation.

Deficiency may result in impaired digestion and growth, loss of weight and vigour, subnormal temperature, fatigue, loss of muscle co-ordination, paralysis of limbs, indigestion, constipation and colitis.

Necessary for normal reproduction, influencing normal maturation of germ cell in male and normal placental function in the female. Deficiency leads to death and resorption of the foetus.

The International Unit is 0.003 mg (approx.) of Aneurine hydrochloride. (1 mg = 320 I.U., formerly 333 I.U.).

RIBOFLAVINE (Vitamin B₂)

(Growth promoting—yellow coloured—slightly water-soluble—heat-stable except in alkaline solutions).

Acts as part of enzyme system regulating metabolism of fats, carbohydrates and amino acids—sparing action on B₁.

Avitaminosis causes cessation of growth in young and sudden death in adults, decreases resistance to infection, probably causes alopecia and cataract, cheilosis, seborrhoea, ocular symptoms, corneal opacity pellagra, black tongue and beri-beri.

There is no International Unit—most recent figure is:- 1 Bourquin—Sherman Unit = 2.19 μ g.

No.	FOOD-STUFF	VITAMIN A			VITAMIN B			VITAMIN C	VITAMIN D	VITAMIN E	No.
		A. 1.U./100g.	Carotene μ g/100g.	Total Activity μ g/100g.	Aneurine μ g/100g.	Ribo- flavine μ g/100g.	Nicotinic Acid μ g/100g.	Ascorbic Acid mg/100g.	Probably D ₃ 1.U./100g.	Total Tocopherols μ g/100g.	
1	Apple		50-90		30-120	10-50	0.9-5.0	8-22	8 (1)	0.74	1
2	Bacon				840-1,440	130-300				0.53	2
3	Banana		17		50-160	56-75	3-6.1	10		0.4	3
4	Barley				500						4
5	Beans		221-400		198-450	110-175	3.5-7.6	7.2-20.2 (2)			5
6	Beef				72-240						6
7	Beef Kidney	1100			250		73-100				7
8	Beetroot				10-30 (2)	50	4-6.4	5 (2)		0.2	8
9	Bread—White 70% Extraction				160	60	6.6-10.0				9
10	Bread—Wholemeal				225-450	180	37-42				10
11	Butter			1,080-5,670	0-120	10-37			8-99	2.1-3.5	11
12	Cabbage			900	30	50-57	1.2-4.0	11-57		0.11	12
13	Calf Liver			52,600- 159,800	198-450	3,300	120-179	30-50	0-10		13
14	Carrot		2,000-9,600		60-70	50-60	4-14.7	4-9		0.45	14
15	Cheese—Cheddar			5,500	24-40	500-550	2	0	+	1.0	15
16	Chocolate—Milk			480	50	+	+				16
17	Chocolate—Plain			36			11			0.7	17
18	Dripping	0		0					33-44		18
19	Eggs—Hen—Whole	420-1,100			150	250-400	1.0	0	70	1.4	19
20	Eggs—Hen—Yolk	130-8,800			300-420	520			140-390		20
21	Figs			80	60-75	5	10	2.2-8.7			21
22	Fish—Cod—Flesh	0							8,100-30,000		22
23	Fish—Cod—Liver	60,000			270		16	26.7	6,000		23
24	Fish—Herring—Canned	28							112-420	0.05	24
25	Fish Liver Oil—Cod B.P.	60,000							8,500		25
26	Fish Liver Oil—Halibut	2,000,000- 36,000,000							20,000- 400,000		26
27	Fish Liver Oil—Tunny	52,000- 8,000,000			40				1,600,000- 25,000,000		27
28	Fish—Mullet	430-1,075									28
29	Grape		15		50	15-40	4-8.4	4			29
30	Ham				600-1,070 (2)	190					30
31	Lactogen	2770			250	1,270	+	6	422		31
32	Lamb Fry			50,000- 150,000	300	3,300	176	25-50	20	1.4	32

CHART

NICOTINIC ACID

(Pellagra preventive vitamin).

No known clinical symptoms for mild deficiency but general deficiency symptoms are summarised as pellagra, although this is not caused solely by Nicotinic Acid deficiency. Lack causes lesions of mucous membranes and a dermatitis on parts exposed to sunlight.

International Unit—None has been fixed.

ASCORBIC ACID (Vitamin C)

(The anti-scorbutic vitamin—Water soluble—Readily oxidised at higher temperatures).

Protects against scurvy. Also necessary for the proper metabolism of bones and normal tooth development and maintenance. Deficiency leads to scurvy, hæmorrhages of mucous membrane, skin, joints, and bone marrow; spongy gums, painful swelling of joints, bone fragility, decalcification, caries, fatigue, etc.

The International Unit is 0.05 mg of Ascorbic Acid.

VITAMIN D

(The anti-rachitic vitamin—Oil soluble—Heat-stable—Fairly resistant to oxidation).

Regulates absorption and metabolism of the Calcium and Phosphorus needed for bone formation. Similarly regulates mineral metabolism of teeth and bones. It is necessary to the pregnant mother to prevent rickets in the young.

Deficiency results in rickets and bone deformity, enlargement of the joints, beading of ribs, softening of cranial bones, etc., as well as muscular weakness, nervous instability, dental caries and so on.

The International Unit is 0.025 μ g of the International Standard preparation of crystalline D₂.

VITAMIN E

(The anti-sterility vitamin—Oil-soluble—Heat-stable, cooking, drying or sterilizing has little effect—Susceptible to oxidation).

Not yet settled whether E avitaminosis occurs in man. Considerable evidence exists that it may exert beneficial influence on habitual abortion and possibly threatened abortion, toxæmias of pregnancy, sterility and muscular dystrophy, also peripheral vascular diseases and capillary permeability.

The International Unit is 1 mg synthetic racemic α tocopherol acetate.

No.	No.	FOOD-STUFF	VITAMIN A			VITAMIN B			VITAMIN C	VITAMIN D	VITAMIN E	No.
			A. I.U.s./100g.	Carotene μ g./100g.	Total Activity μ g./100g.	Aneurine μ g./100g.	Ribo- flavine μ g./100g.	Nicotinic Acid μ g./100g.	Ascorbic Acid mg/100g.	Probably D ₂ I.U.s./100g.	Total Tocopherols μ g./100g.	
1	33	Lettuce		1,500-2,400	3,000	60-75	45-150	2-5	8-18		0.43-0.54	33
2	34	Maize		10-900		135-180	60-140					34
3	35	Malted Milk—Nestlé's ..	400			1,900	489	84		19		35
4	36	Margarine—Vitaminised ..	1,584-1,936				0-6			315	?	36
5	37	Milk—Cows' Fluid ..	51-151	43-170		41-48	135-210	0.8-1.0	2.2 (3)	0.3-3.8	0.02-1.2	37
6	38	Milk—Condensed— Sweetened			144-442	50	+	1.8				38
7	39	Milk—Condensed— Unsweetened			128-335	50	360-390		0.4-2.7			39
8	40	Milk—Dried—Skimmed ..				410	160-200	6-8.9	1.58-6.27		0.05	40
9	41	Milk—Dried—Whole ..			384-1,090	300	1,500		6-9		0.3-0.5	41
10	42	Milo Tonic Food ..	2,200			430	500		5.5	390		42
11	43	Orange—Flesh		0-22		—	30-90	2.2	16-47			43
12	44	Orange—Juice		300-400		70-92			22-89		0.24	44
13	45	Onion		25		30	24-50	1.5	6 (2)			45
14	46	Parsley		5,000-30,000		80	300		154-209		5.5	46
15	47	Peas				200 (2)	150-200 (1)	7-21	14-16		2.1-6.4	47
16	48	Peanut		63		694-1,050	160-500	86	10	0	9.3	48
17	49	Pineapple—Whole Fruit ..		60-160		80-90	5-55	1.36	3-13			49
18	50	Plum		0-320		50-150	30-45	1.5-6	3-7			50
19	51	Potato		28-50		90	29-40	11.8	18 (3) 10 (2)		0.1	51
20	52	Rice—Brown		34		60-290	60-80	44-60				52
21	53	Rice—Milled		0		50	47	14				53
22	54	Sardine				1,800					4.5	54
23	55	Spinach		2,630-6,500		50-120	230-400	5-7.2	15-71		1.7	55
24	56	Tomato—Whole—Ripe ..		400		70	40-60	5.8	10-38		0.36	56
25	57	Tomato—Juice		320-590				1.0	16-33			57
26	58	Vi-Lactogen	2,766			175	888	+	4	410		58
27	59	Wheat Flour—White 70% Ext.		0		60-90	85	8.4-12.0				59
28	60	Wheat Flour—Whole Meal		102-456		540-1,080	160-250	28-80				60
29	61	Wheat Germ				1,800-3,750	480-1,500			—	27	61
30	62	Wheat Germ Oil									100-420	62
31	63	Yeast—Brewers'			0	7,500-24,000	1,800-3,000	300-1,000	1-2		0	63

(1) Raw. (2) Cooked. (3) Average. + Present.

MICROBIOLOGICAL PROBLEMS IN FOOD PRESERVATION *

Many foods cannot be consumed immediately on harvesting, and it is therefore desirable to preserve them, as far as possible, in a fresh condition. Various temporary preservation methods exist whereby the natural microbial flora are not destroyed but development is slowed down.

Refrigeration which leaves intact the organoleptic quality of the fresh food, slows down microbial activity but not always enzymes, and does not sterilize even at very low temperatures.

Air exclusion, storage under oxygen or inert gas, chemical preservation, salt, smoking, acid and drying all have their uses, as they retard deterioration. However they are weak hygienically since any pathogenic organisms are not destroyed even though their development is either arrested or impeded.

Pasteurization preserves for a limited period and leaves almost intact the bio-chemical properties of the product treated. It is used mainly for liquids such as milk and cream. Non-sporing micro-organisms are destroyed in this way, particularly pathogenic types.

Pasteurized milk is of good bacteriological quality only when it is:—

- (i) cooled immediately after processing,
- (ii) kept cool until consumed, and
- (iii) protected against infection after pasteurization.

Heat sterilization is necessary for complete destruction of microbes and enzymes.

Nicholas Appert, who won the French Government's prize for an effective method of food-preservation is considered to be the "father of the preserving industry" and the subsequent introduction of tins for container manufacture gave impetus to the infant industry, which subsequently has shown phenomenal growth.

Heat sterilization is limited by the nature of the product to be preserved. All dangerous micro-organisms must be destroyed, but, as far as possible, the nutritive and biological value of the food must be conserved, and to satisfy these requirements the following factors must be taken into consideration:—

- (i) The heat resistance of the micro-organisms.
- (ii) The chemical and physical nature of the food to be preserved, and
- (iii) The speed of heat penetration into the product.

Absolute sterility is only obtained under steam pressure treatment, maintained for a certain period of time, in a sterilizer. Bacterial cell death seems to be due to the destruction of certain enzymes or to coagulation of proteins. Non-sporing bacteria, yeasts and moulds are destroyed almost instantly at 100° C., but spores usually are much more resistant.

Speed of destruction of bacterial cells is a logarithmic function of time so it follows that the greater the original number of cells, the longer the period of time required to destroy them.

The pH. of the food plays an important role, since most sporing bacteria have a maximum heat resistance at neutrality, and the higher the acidity or alkalinity the less resistant to heat they become.

Sugar, proteins and especially fat protect micro-organisms against the effect of heat.

* Nestlé's Research Laboratories. Vevey.

The speed of heat penetration of the product depends on several factors; the physical character of the substance (i.e., mobile or viscous liquid or solid), the type of container used and the ratio between surface area and volume of the container.

The purity of the product can be guaranteed to the consumer and, as the food is packed in hermetically sealed tins, contamination after filling is prevented.

Certain types of foods are not entirely free from organisms, but are "commercially sterile"—for example, Sweetened Condensed Milk and Milk Powders—they are quite free from pathogens.

In their manufacture, fresh milk is used, which, due to its chemical composition and high water content is an excellent medium for growth of the five categories of bacteria, namely acidifiers, proteolytics, fat-decomposing organisms, miscellaneous organisms and pathogens.

Most acidifying bacteria act on milk, transforming lactose into lactic acid—the coli-ærogenes group is an example.

Proteolytics act on protein material causing more or less complete disintegration. Many are resistant to extremely high temperatures, due to their habit of spore formation.

Bacteria which decompose fat are sometimes responsible for rancid or bitter taste developing in milk or in cream.

Miscellaneous organisms include the yeasts, moulds and actinomyces and are found in and in the neighbourhood of fresh milk and the utensils used.

Pathogenic organisms may originate from the cow, for example those causing tuberculosis and Bang's disease, or from contamination of the milk subsequent to milking, such as typhoid, dysentery, scarlet fever and gastro-enteritis.

Pasteurization of milk destroys all pathogenic organisms as well as non-sporing bacteria, but not certain of the heat-resistant types, and consequently the hygienic quality can be considered satisfactory. Sugar used in Sweetened Condensed Milk manufacture is added in the form of a concentrated aqueous solution, and is maintained at its boiling-point for several minutes. However, a secondary contamination after pasteurization may occur, either during manufacture or in the filling process. These infections are reduced to a minimum by cleaning and disinfection of all apparatus as well as the surrounding air.

Development of spores which have withstood pasteurization and of the micro-biological flora resulting from secondary contamination may be prevented in two ways.

In Sweetened Condensed Milk the very high osmotic pressure resulting from condensation of milk and sugar leads to a bacteriostatic state, and also, autolysis of the majority of bacteria including, *inter alia*, coli bacteria, commences fairly rapidly. However, osmophilic organisms can develop slowly in Sweetened Condensed Milk and cause fermentation of the sugar.

Water, essential to the development of micro-organisms, is almost completely eliminated in the processing of powdered milk, only 2-4 per cent. remaining, with complete arrest of bacterial activity.

All preserved foods are, of course, rigorously controlled and scrutinised from the points of view of hygiene and the possible presence of saprophytic organisms likely to affect the product, and the consumer can, therefore, rest assured of the quality and purity of preserved foods.

NUTRITIVE VALUE OF PROTEINS*

Alimentary proteins for many years have been divided arbitrarily into two groups, animal and vegetable in origin, and the former is considered higher in nutritive value. It was thought amino acid content would explain the difference, but research has shown essential amino acids are present in wheat gluten as well as in meat and milk casein.

Many countries today suffer from scarcity of food and lack of protein, and it is known that high mortality and spread of disease are directly related to protein deficiency. The F.A.O. assistance programme for under-developed countries covers adequate supply of proteins.

As vegetable proteins are produced more economically than animal, it is important to establish whether they are equal in value in human nutrition—thus availability of amino acids needs elucidation.

Tissue synthesis of proteins is only possible when the requisite amino acids are made available to the organism simultaneously. Thus the nutritive value of a protein depends on its amino acids content and the speed of liberation of these during digestion which places them at the body's disposal.

In 1942 Schönheimer & Rittenberg⁽¹⁾ showed that proteins incorporated into the organism do not stay there as such but are subject to constant remodelling.

Denton & Elvehjem⁽²⁾ measured the time necessary for release of the ten essential amino acids in dogs fed on zein of maize, casein and meat, and found that with zein, release was both difficult and slow, so that increased blood amino acids could be detected only after five hours. With casein or beef, on the other hand, they found a rapid increase.

Melnick & Oser⁽³⁾ considered the difference in speed of release of amino acids accounts for the superiority of animal over vegetable protein.

This "availability" of amino acids seems to explain satisfactorily why two or more vegetable proteins such as those of rice and maize usually lead to improvement in growth — a better balance of amino acids results — an important point in regions deprived of animal protein.

In infant feeding, human milk contains 17 grammes per litre of protein, and cows' milk 34 grammes, and pædiatricians know that, in spite of these differences, human milk ensures better growth than, or at least equal to, that obtained with cows' milk. It seems balance and availability of the amino acids in human milk are more suited to the infant than those of cows' milk.

Hydrolysed proteins (Nesmida) are usefully employed when the digestive system no longer functions normally as a result of disease (ulcers, liver and kidney troubles, fibrosis of the pancreas, etc.)—their use is not justified when the digestive system is intact. When the organism cannot release amino acids from ingested proteins at the appropriate time, then hydrolysed proteins will make good the functional deficiency.

It seems therefore that the superiority of animal proteins over those of vegetable origin is due to their dual characteristics of facility of release of amino acids and their amino acid content.

* Nestlé's Research Laboratories. Vevey.

(1) Schönheimer & Rittenberg. "The Dynamic State of Body Constituents," Harvard, U.S.A., 1942.

(2) A. E. Denton & C. A. Elvehjem. *J. Biol. Chem.*, 1954. 206 pp. 449-60. (3) D. Melnick & B. Oser. *Food Techn.* 1949. 3, pp. 57-71.

PROBLEMS OF RAW MILK

Bovine Tuberculosis

R. W. Kind and M. C. Brough—B.M.J., 1954, Feb. 13, pp. 372-4

The Survey of the Medical Research Council, 1952, showed tuberculosis of bovine origin is still a serious problem, infection often occurring in children between 5 and 9 years old. A probable explanation is that infants fed on breast milk and subsequently (largely due to the efforts of welfare clinics) on dried or other safe forms of cows' milk, on going to school may be infected by drinking milk.

Two children aged 9 and 5 in the same village were found to have non-pulmonary tuberculosis; abdominal in one and cervical glands in the other were evident. Both received milk from the same source, and a biological check showed it to contain tubercle bacilli. Clinical examination of the herd showed one cow suffering from tuberculosis of the udder.

Three further children were found subsequently with tuberculous glands of the neck.

Thus five clinical cases of tuberculosis in children were attributable to milk from a tuberculous cow.

Törnell, in Sweden, found 13 women factory hands aged 17-29 years all tuberculin-positive, the single common food being a milk supply, subsequently found to contain tubercle bacilli, and Stahl found 50 infected persons, chiefly children, in a community, all using a milk supply from a herd containing one cow with tuberculous mastitis.

Milk-Borne Scarlet Fever in Denmark.

Extract from the "Lancet," May 6th, 1939.

"In describing a recent outbreak of scarlet fever in Denmark, Juel-Henningsen and Ernst paint a picture as vivid as that which H. H. Scott provides in 'Some Notable Epidemics.' If the plot of all these stories is more or less the same, the detective work entailed is always interesting.

"The Danish outbreak began with the notification of about 20 cases of scarlet fever in Vejle, a community of about 25,000 people. On April 14th, the outbreak culminated with the notification of about 40 cases. As most of the patients had been supplied with milk from the same dairy, its owner was questioned, and he was able at once to state which was the milk cart and which were the farms providing milk for the part of the town where infection had broken out. Medical inspection of the farms led to the discovery of a hitherto undiagnosed case of scarlet fever in a milkmaid whose hands were peeling, and one of whose ears was discharging pus.

"The prompt elimination of the milkmaid as a source of infection was doubtless the reason why the outbreak ceased as abruptly as it had begun. The bacteriological examination revealed Lancefield's group A and Griffith's type 3 *Streptococcus pyogenes* in the pus from the milkmaid and in 108 of the 118 cases of scarlet fever. As in most such outbreaks the infection of the milk is maintained by mastitis in one or more cows, diligent search was made for disease of the udders in those that had supplied the offending milk. But though every cow was examined twice at an interval of six days, and the aid of the State Veterinary Serum Laboratory and of the State Serum Institute was invoked, neither the cows nor their milk proved to be infected.

"The milkmaid therefore seems to have been alone responsible for this outbreak, and it is remarkable that though raw milk is a poor culture-medium for the germ in question, and the cows did not co-operate in spreading the infection, she still succeeded in giving scarlet fever to 118 persons and angina faucium to about 50 others."

Raw Milk in the spread of disease.

Scarlet fever, diphtheria, paratyphoid fever and enteric fever have frequently been spread by milk; bacillary dysentery and acute food-poisoning more rarely so. Usually the organism responsible gains entry into the milk after it leaves the cow, although occasionally the cow itself is infected and is the source of infection in the milk.

Undulant fever in man is spread by consumption of milk from infected cows.

Human tuberculosis of bovine origin is of especial importance, and, although there is evidence that the cases are diminishing, Sir William Savage, in 1938, considered that in England there were, at a conservative estimate, 1,700 deaths per annum with, probably, 4,000 fresh cases each year. He stated "These facts constitute a strong case against the use of raw milk, and it is because of them that so large a proportion of the medical profession, including those in the public health service, is so insistent that these risks must be removed".

Streptococcal Infection.

To-day it is considered that the majority of milk-borne streptococcal epidemics arise, not from direct contamination from a human source, but by contamination from one or more cows in a herd, suffering from mastitis due to hæmolytic streptococci of human origin.

Experimental work clearly indicated that streptococci from human sources, placed on the teat surfaces readily ascended the teat duct, leading to infection of the bovine udder.

Evidence from Denmark in one such milk-borne epidemic proved conclusively that one cow excreted streptococci for the whole lactation period, while in another epidemic in England, a cow was shown to excrete the organism for six weeks, in spite of the fact that, in both cases, while the milk was known to be infected, nevertheless there was either slight evidence or no evidence at all of symptoms of mastitis in the cow concerned during certain times in the lactation period.

Outbreaks in the United States of severe epidemic scarlet fever and septic sore throats have been traced to mastitis or hæmolytic streptococci of bovine origin.

Staphylococcal Infection.

It is a surprising fact that, although investigation of bovine mastitis has shown that numerous cows are infected with staphylococci, outbreaks of staphylococcal food-poisoning are not more prevalent.

These investigations frequently have disclosed thirty or more per cent. of cows in a herd to be infected, more frequently, for some reason not disclosed, in the hind quarters than in the fore quarters of the udder.

Quite possibly due to the (frequently) mild nature of many staphylococcal outbreaks of food-poisoning, they pass unnoticed; or are notified to the authorities at too late a stage for satisfactory specimens to be obtained for full investigation.

In England outbreaks have been associated with milk, custard and butter, while in the United States, raw milk and milk products such as ice cream, cheese, cream and custards have been held responsible for most of the cases recorded.

In one school outbreak, attributed to the eating of cream puffs, within four hours of ingestion, no less than 80 per cent. of the cases were ill, symptoms being vomiting (usually severe), abdominal pain, diarrhoea, headache, muscle cramps and sweating.

Prevention of staphylococcal food-poisoning by milk or milk products calls for heating, either to 80° C. for 15 minutes or 85° C. for 10 minutes to ensure destruction, and greatest care is essential to prevent subsequent re-infection in handling.

THE NUTRITIVE VALUE OF MILK AND MILK PRODUCTS

Biological Values of Milk Products.

Henry, Houston, Kon & Osborne, ("J. Dairy Research," May, 1939), working with Evaporated Milk, Spray Dried Milk and Roller Dried Milk, reported no significant difference between the biological values of the proteins in the three processed milks.

No significant difference was found between the digestibility of the proteins of roller and spray dried milk, but those of evaporated milk were less digestible. A highly significant difference between the Vitamin B₁ content of evaporated milk (approximately only half) and roller and spray dried milk was recorded.

In animal experiments the dried milks were found significantly superior.

No loss of vitamin A or of carotene, was found during processing and moreover, no decrease was found after one year's storage of the processed milks. Similarly there was no loss of riboflavin content in processing or even after sixteen months' storage.

In spray-drying a loss of 20% of the vitamin C content of the milk was recorded, as compared with 30% loss during roller drying and evaporation. Little further change in the vitamin C content of roller dried milk was discovered, while in spray dried milk it declined slightly after seven months' storage, and in evaporated milk there appeared to be a more definite and gradual loss. Since it is now customary to supplement vitamin C even in breast-fed infants, this destruction seems of little moment.

The Value of Milk as a Protective Food.

The Technical Commission of the Health Committee of the League of Nations, in a recently published report ("Physiological Bases of Nutrition") record the fact that "the deficiencies of modern diets are usually in the protective foods rather than in the strictly energy-bearing foods"; the former being defined as being especially rich in "good" protein, vitamins or minerals.

"Among the protective foods are, first and most important, milk and milk products (including butter), eggs and glandular tissues; then green-leaf vegetables, fruit, fat, fish and meat (muscle)."

Milk is acknowledged to be a "rich source of calcium salts, phosphate and of vitamin B₂, also a good source of vitamin B₁, whilst milk fat is an excellent source of vitamin A." Moreover, the proteins of milk are not only of the highest nutritive value but also improve the utilisation of protein derived from cereals or vegetables, and the report includes the note that:—

"Milk should form a conspicuous element of the diet of all ages. The Commission commends the tendency manifested in some countries to increase the daily intake up to one litre per day for pregnant and nursing women, as well as to provide an abundant supply for infants, children of all ages and adolescents."

"Milk is of such outstanding value that the consumption of a sufficient quantity of it may be regarded as the key to proper nutrition. Every one of the constituents of milk possesses high nutritive value and it is, therefore, most desirable that all of these should be utilised for human nutrition, more especially because the diets of many people are deficient in the nutrients supplied by milk and certain of its products. Moreover, cows' milk, the most complete food known, is elaborated from vegetable matter of little or no value for human nourishment"

"The composition of cows' milk . . . contains the energy-giving nutrients, protein, fat and carbohydrate; all the known essential vitamins, calcium, phosphorus, iron, sulphur, iodine, magnesium, potassium, sodium, chlorine and copper, some of the physiological roles of which are known, and a number of other elements, present only in minute amounts, such as manganese, zinc, and fluorine, the exact functions of which are not fully understood, but which would seem to be as necessary for normal nutrition as any of the other constituents. Even if it were possible to state the chemical composition of milk in full a very imperfect idea of its nutritive value would be obtained, because it would leave unmentioned many important physico-chemical and biological properties on which its high nutritive value largely depends. For example, the physico-chemical states of its constituents make for easy digestion and assimilation; the relationship of the different constituents to one another ensures normality of bodily function; the nature of its protein and of its mineral elements, notably calcium and phosphorus, and its high content of other inorganic elements and vitamins make for satisfactory growth and give it a very high value as a protection against disease."

"The fact that milk is a valuable human food, particularly when new tissues are being formed, has been recognised from the earliest times. Within recent years much experimental evidence has been brought forward, which has shown that cows' milk is the most valuable food known for the promotion of growth and health in children. . . . From the results of these and many other experiments too numerous to mention, on man and animals, it can be predicted that important beneficial effects would result from an increase in the consumption of milk above that at present prevailing in this country"

"Milk is in itself a well-balanced mixed diet. Its few disadvantages, which vary with the age of the person for whom it is intended, are easily overcome. All babies should be brought up on their mother's milk, but after breast feeding ceases, although cows' milk ought to form the bulk of the diet, this should be supplemented with iron, vitamins D and C, preferably given in the form of natural foods, such as egg-yolk, orange juice and cod-liver oil. For children, adolescents and adults, a diet of milk alone is undesirable because it is deficient in energy-giving constituents relative to its bulk. For these it should be regarded as an important item in a mixed diet and not as a complete food; but on account of its growth-promoting properties it should form a larger proportion of the diet of children and adolescents than of that of adults. The expectant mother has to elaborate from her food the materials necessary for the growth of her offspring, while the nursing mother has to secrete milk to serve as the only food of her infant for at least six months. The milk requirements of the expectant or nursing mother are of a similar order to those of the growing child."

DRIED MILK

Some Medical Opinions.

(Extract from "The Infant," by Eric Pritchard, M.A., M.D., F.R.C.P., 1938).

"The time-honoured belief in the virtues of raw milk for the feeding of infants still survives in certain quarters, in spite of all the scientific evidence which proves that such virtues are quite illusory. It is, perhaps, unnecessary to point out that since dried milks, which are, of course, cooked milks, have largely superseded dairy milk—for the most part raw—in the feeding of infants, the Infant Mortality Rate in this country has steadily fallen. There are naturally many other factors besides the mere cooking of milk concerned in this highly satisfactory result, but it is quite certain that if the heating of milk seriously impaired its nutritive qualities this result would never have been achieved. The effect of heat on the nutritive properties of the various elements contained in the milk is insignificant, excepting in the case of vitamin C, the anti-scorbutic element, which undoubtedly deteriorates under the influence of heat and oxidation, but since an independent supply of this vitamin is invariably provided in all cases of artificial feeding, this is no argument against the use of sterilized milk if sterilization has independent advantages. As regards this latter point there cannot be two opinions. The greatest danger that exists for young infants is infection, and there can be no question that raw milk is the most prolific medium for the conveyance of infection."

(Extract from a communication from Dr. H. Kerr—"Medical Officer"—30/4/'32).

"While it is not contended that dried milk is superior, or even as good as the very best and purest fresh milk, this latter is of such exceptional occurrence that dried milk is an infinitely purer and cleaner article for the use of the average family than the ordinary retail milk. That it is deficient in anti-rachitic vitamin is a mischievous assertion, founded upon insufficient knowledge. Very particular attention was paid to this point before it was ever decided to use dried milk in Newcastle, the very highest scientific assurances being first obtained."

(Extract from "Recent Advances in Diseases of Children," by Wilfred J. Pearson, D.S.O., M.C., D.M., F.R.C.P., and W. G. Wyllie, M.D., M.R.C.P.).

"There are advantages in the use of dried milks instead of the fresh variety. They are practically sterile, and are certainly to be preferred to contaminated fresh milk. The percentage of ingredients is known within reasonable limits. The nutritive values seem to be uninjured; indeed, it is probably improved, both because of the alteration in the protein, the casein being divided into minute particles during the process, and because the size of the fat globules is reduced during manufacture. The keeping qualities also are excellent. It is claimed that none of the vitamins (A, D, B, or C) is impaired in the process."

"VI-LACTOGEN" PROCESS OF MANUFACTURE ☆

The vitamin content of milk depends largely on the food of the cow and exposure to sunshine, so that the supplies to the Nestlé factories can be considered ideal. Further, as the milk during the process of manufacture is only exposed for a limited period to a temperature sufficient to ensure destruction of pathogenic bacteria, the vitamin content is conserved.

Cows' milk is generally accepted as having a lower iron content than human milk. A small amount of Ferri et Ammonii Citras sufficient to give 4 p.p.m. of Fe_2O_3 in the reconstituted food is now being added to both "Vi-Lactogen" and "Lactogen" to make up for any possible deficiency of iron in the cows' milk used. Reference to an article, "Nutritional Anæmia in Infancy," which was published in the "Medical Journal of Australia," September 27th, 1941, will indicate justification of this policy.

As many Infant Specialists consider that a greater margin of safety, especially for vitamin D, is desirable than is possible with fresh milk, we now, after careful research, incorporate the concentrate of vitamins A and D in "Vi-Lactogen" and "Lactogen."

This concentrate is prepared under strictest scientific control and contains fifty times the number of D units present in the best quality of Cod-liver Oil.‡

The amount of concentrate added is equivalent to—
497 International Units vitamin A. and
106 " " " D.
in each ounce (147 calories) of "Vi-Lactogen" powder.

This is equal to more than a $\frac{1}{2}$ teaspoonful of Emulsion and is additional to the natural vitamins already present in the product.

An infant at 6½ months is given 5 ounces of "Vi-Lactogen" and thus receives 2485 International A Units and 530 International D Units of added vitamins. Similarly at the same age, it would receive 5.4 ounces of "Lactogen," containing 2684 International A Units, and 572 International D Units of added vitamins.

Each factory has its staff of specially trained farms' inspectors, whose duties include routine examination of cattle for disease, as well as ensuring that dairy premises, cow bails, utensils, etc., are in absolutely sanitary condition, and that each of the stringent Regulations of the Company concerning milk supply are strictly observed.

A recent development has been the appointment of qualified veterinarians to the Nestlé factories manufacturing infant foods.

All cans are washed and sterilised **with live steam in automatic machinery** operated by Nestlé employees.

All cows are milked in accordance with a time-table, so that the process of manufacture commences as soon as possible after milking. Most raw milk for city consumption is, on the other hand, 24 to 48 hours old before delivery to customers, and older still before it is consumed.

The raw cows' milk received at the Company's factories is submitted to very strict and searching tests in the Factory Laboratory, and unless it passes all of these, is not manufactured into "Vi-Lactogen" or "Lactogen."

* Nestlé Research Laboratory.

‡ Many observers have commented on the enormous variation in vitamin content from sample to sample of Cod-liver Oil.

As cows' milk varies in composition even from day to day, the factory chemists rapidly analyse each batch and so balance its components by additional butter fat and milk sugar,§ that the "Vi-Lactogen," when reconstituted by the addition of hot, boiled water, closely resembles human milk. "Lactogen" has a slightly higher protein and lower milk sugar content and is made by these methods.

During manufacture and after pasteurizing, the milk is homogenized to break up the large fat globules, until they become even smaller than those of human milk.

The milk is spray dried by a special process, a patent for which is held by the Nestlé Company. So gentle is the drying action that the solubility after reconstitution with water compares favourably with fluid milk. The effect of the heated air used in drying is so slight that, to ensure proper pasteurization of the milk, this operation must be separately performed prior to drying. In the process of spray drying a jet of milk meets a current of warm air and is at once dispersed into a fine mist. Water is immediately evaporated from the tiny droplets of milk, leaving behind particles of milk powder. These fall to the bottom of the drying chamber and are automatically removed. The process is, of course, continuous.

Finally the resulting powder is packed by automatic filling machines into tins for the market—it is untouched by hand at any time.

Routine bacteriological examinations carried out on the contents of the tin as packed for the market indicate a low average colony count.

The manufacturing process has removed all danger of the presence of pathogenic organisms.

Every tin is stamped on the bottom with the date by which the contents should have been used, and by this means only fresh stock remains on the market. The Nestlé organisation also arranges for the withdrawal of overdated stock and its replacement by freshly dried "Lactogen" or "Vi-Lactogen."

This expiry date does not imply that after that date the contents of the tin is no longer suitable for use; it prevents the sale of old stocks to the public.

The chief chemical and physical characteristics of "Vi-Lactogen," the humanised milk, are:—

1. "Vi-Lactogen" is pure, fresh milk modified ("humanised"), fortified by the addition of a Concentrate of A and D vitamins and iron, dried by a highly scientific process.
2. Uniform composition, closely corresponding to that of human milk.
3. Reduction in size of fat globules in process of manufacture. (The usual process employed in manufacturing dried milks tends to cause the fat globules to become much larger than those in cows' milk.)
4. "Vi-Lactogen" is under the strictest scientific control, from the time the milk is obtained from the cows until it is finally consumed by the infant.
5. "Vi-Lactogen" is entirely an Australian product, manufactured by the Nestlé Company in factories situated at Smithtown, North Coast of New South Wales, and Dennington, in the Western District of Victoria, and the milk supplies are drawn from some of the world's richest pastures.

§ As milk-sugar has been known to contain foreign matter and also small quantities of a substance which may cause digestive disturbances all lactose used in the preparation of "Vi-Lactogen" and "Lactogen" is carefully tested before use.

"VI-LACTOGEN" FEEDING TABLE

"Vi-Lactogen" contains added Vitamins A and D and a small amount of organic Iron. Each 7 ozs. of mixed "Vi-Lactogen" contains the equivalent of half a teaspoonful of Emulsion.

Based on MEDICINAL Teaspoons and Tablespoons. Household spoons should not be used. Ask our nearest Office for free "Lactogen" Measure and copy of "The 'Lactogen' Mother Book."

PRESS POWDER FIRMLY IN MEASURE WITH KNIFE AND LEVEL OFF

FOR 3-HOURLY FEEDS 6 a.m. to 9.30 p.m. (6 feeds)					
AGE	"VI-LACTOGEN" Level Spoonfuls		WATER Spoonfuls	Makes Fluid Ounces	Cals. per feed
	Table	Tea			
At 1st Week	—	1½	2	1	17
3rd "	1 &	1	5½	3	56
5th "	1 &	2½	7½	4	73
7th "	1 &	3	8	4½	79
2½ Mths.	2	—	9	5	90
3½ "	2 &	1	10	5½	101
4½ "	2 &	2	11	6	112
Discontinue night feeding (after 10 p.m.) as soon as possible.					
Try 4-hourly feeding after 2nd month.					

Increase

quantities

slightly

each

week

avoiding

abrupt

changes.

FOR 4-HOURLY FEEDS 6 a.m. to 10 p.m. (5 feeds)					
AGE	"VI-LACTOGEN" Level Spoonfuls		WATER Spoonfuls	Makes Fluid Ounces	Cals. per feed
	Table	Tea			
At 1st Week	—	2	2½	1½	23
3rd "	1 &	1½	6¼	3½	62
5th "	2	—	9	5	90
7th "	2 &	1	10	5½	101
2½ Mths.	2 &	2	11	6	112
3½ "	2 &	3	12¼	6¾	123
4½ "	3	—	13¼	7¼	135
5½ "	3 &	½	14	7¾	141
6½ "	3 &	1	14½	8	147
7½ "	3 &	2	15½	8½	158
9 "	3 &	3	16½	9	170

IMPORTANT.—When commencing this food mix all the water with only half the amount of "Vi-Lactogen" for first feeds, then gradually increase the amount of "Vi-Lactogen" to amount shown.

MIXING.—Place powder on top of the warm (previously boiled) water and stir vigorously with a fork until completely dissolved.

Analysis of "Vi-Lactogen."

	POWDER	DILUTED *
Fat	24.2	3.0
Protein ..	16.9	2.1
Lactose ..	53.1	6.6
Ash	3.6	.45
Added vitamin A	64	International Units per ounce of mixed food.
Added vitamin D	14	" " " " " " " "
Added organic Iron	4	parts per million of Fe ₂ O ₃ in mixed food.

Data of "Vi-Lactogen."

1 Medicinal Tablespoon = .31 oz. or 8.75 gm.
1 oz. Avoir. = 3½ Medicinal Tablespoons.
1 Gram = 5.15 Calories.
1 Tablespoon = 45 Calories.

THE ADDITION OF COD-LIVER OIL EMULSION IS NOT NECESSARY.

TO GRADE FROM "VI-LACTOGEN" TO STANDARD "LACTOGEN."

The change-over from "Vi-Lactogen" to "Lactogen" is usually made at 4½ to 5½ months, but if thought necessary it can be made either at an earlier or a later date, and the following simple rule is useful:—

Substitute 1 tablespoonful and ½ a teaspoonful of "Lactogen" for each tablespoonful of "Vi-Lactogen" at weekly intervals, until after the fourth week full strength "Lactogen" is being fed, and then use the "Lactogen" Feeding Table. This gradually increases the protein percentage from 2.1 in the "Vi-Lactogen," by 0.3 per cent. each week until the figure of 3.1 per cent. for full strength "Lactogen" is attained.

* Full strength.

"LACTOGEN" FEEDING TABLE

"Lactogen" contains added Vitamins A and D and a small amount of organic Iron.

Based on MEDICINAL Teaspoons and Tablespoons. Household spoons should not be used. Ask our nearest Office for free "Lactogen" Measure and copy of "The 'Lactogen' Mother Book."

PRESS POWDER FIRMLY IN MEASURE WITH KNIFE AND LEVEL OFF

FOR 3-HOURLY FEEDS 6 a.m. to 9.30 p.m. (6 feeds)					
AGE	"LACTOGEN" Level Spoonfuls		WATER Spoonfuls	Makes Fluid Ounces	Cals. per feed
	Table	Tea			
At 1st Week	—	1	2½	1¼	19
3rd "	1	& ½	5½	2¾	56
5th "	1	& 2	7	4	71
7th "	1	& 3	8	4½	81
2½ Mths.	2	—	9	5	90
3½ "	2	& 2	9½	5½	103
4½ "	2	& 3	10	5½	113
Discontinue night feeding (after 10 p.m.) as soon as possible. Try 4-hourly feeding after 2nd month.					

FOR 4-HOURLY FEEDS 6 a.m. to 10 p.m. (5 feeds)					
AGE	"LACTOGEN" Level Spoonfuls		WATER Spoonfuls	Makes Fluid Ounces	Cals. per feed
	Table	Tea			
At 1st Week	—	1¼	3	1½	22
3rd "	1	& 1	6½	3½	61
5th "	2	—	9	5	90
7th "	2	& 1	10	5½	101
2½ Mths.	2	& 2	10½	5¾	111
3½ "	3	—	11	6	123
4½ "	3	& 1	12	6¾	133
5½ "	3	& 2	13	7½	144
6½ "	3	& 3	14	7¾	154
7½ "	4	—	15	8½	164
9 "	4	& 1	16	9	174

Avoid
abrupt
changes.
Each
week
make
gradual
increases.

IMPORTANT.—When commencing this food mix all the water with only half the amount of "Lactogen" for first feeds, then gradually increase the amount of "Lactogen" to amount shown.

1 Teaspoonful of Lactose (milk sugar) to be added to each feed for first 10 weeks. If continued after 10 weeks, then reduce the "Lactogen" by one teaspoonful.

MIXING.—Place powder on top of the warm (previously boiled) water and stir vigorously with a fork until completely dissolved. As a basis for modification, "Lactogen" can be diluted 2 teaspoonfuls of powder with 1 oz. of water—this mixture contains 20 calories per oz.

Analysis of "Lactogen."

	POWDER	DILUTED *
Fat	24.5	3.2
Protein ..	23.7	3.1
Lactose ..	43.6	5.7
Ash	5.2	.67
Added vitamin A ..	70	International Units per ounce of mixed food, at full strength.
Added vitamin D ..	15	
Added organic Iron ..	4	parts " " per million of Fe ₂ O ₃ in mixed " food", at full strength.

Data of "Lactogen."

1 Medicinal Tablespoon = .29 oz. or 8.1 gm.
1 oz. Avair. = 3½ Tablespoons.
1 Gram. = 5.05 Calories.
1 Tablespoon = 41 Calories.

WHY WE MAKE TWO INFANT FOODS.

Cows' milk unmodified is not suitable for infants because of its high protein and low sugar. In "Vi-Lactogen" the protein and milk sugar are modified close to breast milk composition. "Lactogen" is modified to intermediate figures. We believe that, for the very young babies, "Vi-Lactogen" is the food to recommend, but if higher protein is indicated, or the baby is weaned at 5 to 6 months, or later, then "Lactogen" should be used and continued during the early years of baby's life. Cod liver oil is unnecessary, as both foods, in addition to the vitamins naturally present in the milk from which they are made, **now contain added Vitamins A and D**, and sufficient added organic Iron to give the average amount present in human milk.

* Full strength.

COMPARE THESE STATEMENTS.

"Lactogen" and "Vi-Lactogen."

Uniform in composition.

The process lowers the curd tension and causes it to form with proteolytic ferments a fine flocculent curd. Protein is proportionately lower than in cows' milk. In "Vi-Lactogen" it is only 2.1 per cent.

Lactose is added, so that "Vi-Lactogen" approximates human milk in composition in this respect.

"Lactogen" contains slightly less lactose.

Pathogenic organisms killed in process of manufacture.

Bacterial counts on dilution are very low (Nestlé Research Laboratory).

Bacterial counts tend to decrease after manufacture.

Fat globules as small as in human milk.

Remains sweet and pure. Only sufficient is mixed for each feed.

Little danger of contamination from outside sources.

Manufactured from milk within a few hours of milking.

"Vi-Lactogen."

The fat present is similar to that of human milk, and is therefore easily digested. Addition of a vitamin concentrate ensures ample vitamin A and D content and avoids the need for a large excess of a foreign fat.

"Vi-Lactogen" is uniform in composition and very similar to average for human milk.

"Vi-Lactogen" is simple in use, as it only requires mixing with hot (boiled) water. Place the powder on top of the water and stir vigorously with a fork.

Cost of feeding on "Vi-Lactogen" is low.

"Vi-Lactogen" is exposed to a shorter heating period during manufacture than in boiling milk under normal household conditions.

Raw Milk.

Butter fat figure in particular is not constant. According to Droop Richmond, variations are—minimum 1.04 per cent., maximum 12.52 per cent.

With rennet it forms a hard clot which is very indigestible, due to greater amount of casein in cows' milk compared with human milk in which albumin predominates.

Has 4.7 per cent. Lactose, while human milk contains an average of 6.6 per cent.

Many epidemics have been traced to raw milk supplies. Bovine type of tubercle bacillus can cause tuberculosis in children.

Public Health reports on milk supplies of cities mention colony counts generally in millions.

Bacterial counts increase with enormous rapidity. "... Milk with an initial content of 30,000 per c.c. held at 68° Fahr. may possess 4,000,000 bacteria per c.c. at the end of 24 hours, or 25,000,000,000 at the end of 48 hours."†

Fat globules much larger than in human milk, and therefore less easy to digest by an infant.

Sours easily, unless held in cold storage.

Easily contaminated by flies, dust, dirty jugs, etc.

City milk is frequently 24 to 48 hours old when delivered.

Modified Cows' Milk.

Complete modification requires far more Cod-liver Oil than is necessary to supply vitamins. This excess is liable to upset the infant.

The final analysis of modified milk depends upon the unknown composition of the milk used.

Modified milk requires very careful measurement of milk, Cod-Liver Oil Emulsion, Lactose and of water. This involved method adds to the uncertainty of the composition of the mixture.

Cost is generally higher due to the extras required, even if a low-priced milk is used.

Milk is generally boiled for safety and frequently heated more than once.

† (Pritchard; Physiological Feeding of Infants, page 179.)

WHEN STARTING BABY ON "VI-LACTOGEN"

The following article giving advice to mothers is in the pamphlet included in all tins of "Lactogen" and "Vi-Lactogen."

In the first few weeks of life, baby's digestion has to learn how to function.

A mother should not be over-anxious for a quick increase in weight — perfect digestion is essential first.

If breast milk fails the only alternative is a modified milk food, such as "Vi-Lactogen."

A mother should, if she can, partly feed the baby and only make up the deficiency with "Vi-Lactogen." When this is necessary for a very young baby, the change-over to the new food needs careful handling. The natural food is breast milk and tolerance for the new food has to be established.

Do not change suddenly to the quantities given on the "Vi-Lactogen" tin. These figures are correct for average babies, but only after they have adjusted themselves to the change from breast milk.

NOTE:

1. Never start using any infant food at full strength. Give the full amount of water for baby's age but only half (or even less) the amount of powder shown in the feeding table.
2. Gradually increase the amount of powder up to the figures given. The normal baby can usually reach full strength in one or two weeks, but others may need longer.

It is important, however, to get to full strength without delay, as baby needs this amount of powder for its normal growth.

3. (a) Most babies will show normal progress but if there are signs that baby has difficulty in tolerating the full strength mixture try adding one tablespoonful more of water than the table shows.

Baby will sometimes digest a diluted mixture more readily, provided the volume is not too much to swallow.

- (b) Another temporary alternative is to replace one teaspoonful of "Vi-Lactogen" powder by one teaspoonful of Lactose (milk sugar) until the full strength (without added sugar) can be tolerated.
4. If baby is not showing satisfactory progress ask the advice of your doctor, or telephone or write to the address of our Infant Welfare Room in the State in which you live. The address is given in this pamphlet.

WATER REQUIREMENTS: Do not cut down the amount of water when starting on the food or if baby appears upset. Cut down the powder temporarily but not the quantity of water. Babies need water. Give plenty of boiled water, especially during hot dry months.

"LACTOGEN" FOR THE NURSING MOTHER.

It is undoubted that "Lactogen" has the effect of improving the flow of breast milk in many cases. Attention has been drawn to this fact by doctors closely associated with maternity hospitals, who have tested "Lactogen" in the diet of mothers and expectant mothers.

It is not suggested that "Lactogen" acts as a direct stimulant to the mammary gland. The explanation of its value lies in the fact that it is the simplest way in which an incorrect or inadequate diet can be improved, i.e., by giving to the mother the proper components of human milk in a well-balanced and easily digestible form.

It is the experience of the majority of physicians that many mothers have little or no idea of the correct diet necessary to obtain the best results when breast feeding an infant.

"Lactogen" can be diluted to any desired strength and can be made up so that the prepared food contains considerably more solids than cows' milk, thus avoiding the discomfort caused when the latter is fed in the large quantities necessary to give equivalent nourishment.

In the maternity hospitals referred to above, "Lactogen" is also being used in a variety of ways, such as in the preparation of custards, milk puddings, and other appetising dishes, where its agreeable flavour and ease of assimilation produce the same satisfactory results.

* * * * *

FREE ANALYSES OF HUMAN MILK.

When breast-fed infants are not progressing there is always the possibility that the milk supply is abnormal in composition. Realising the difficulties of obtaining an analysis, we have opened a section of our Laboratory for the analysis of human milk. This service is free to Physicians. We strongly advise taking a sample from the complete contents of the breast if results of value are to be obtained, especially in regard to fat, as the percentage of this constituent increases as the gland empties. If it is difficult to obtain such a sample, we recommend a composite mixture of equal quantities taken at the beginning, middle and end of suckling.

A quantity of 1 oz. is all that is required for a complete analysis. The bulk sample should be thoroughly mixed before filling the sample bottle, and we suggest adding one drop of forty per cent. formalin to the ounce sample as a preservative.

At your request we will be pleased to forward bottles for sampling which will already contain the required amount of formalin. When a complete analysis is not specifically asked for, we will determine the fat percentage and total solids only. Always record your name and address or telephone number to avoid delay in advising you of results.

A complete record of all the analyses made can be seen at our Research Laboratory at any time.

* * * * *

The following interesting figures have been obtained each year from numerous analyses of samples of human milk since the special section of the Nestlé Research Laboratory has been opened:—

	Average 1926-1948	Average 1949	Average 1950	Average 1951	Average 1952	Average 1953	Average 1954	Average 1955	Maximum	Minimum
Fat	3.96	4.00	3.86	3.99	4.16	3.76	3.26	3.58	12.75	.21
Lactose	6.90	7.11	7.02	6.84	7.38	6.58	6.69	7.32	11.15	1.01
Protein	1.36	1.30	1.32	1.25	1.38	1.37	1.51	1.48	6.71	.44
Ash22	.21	.21	.22	.21	.21	.25	.25	.50	.11

SPECIAL RECIPES.

"Lactogen" Milk Puddings.—In making the usual cereal puddings, such as cornflour, sago, tapioca, semolina, ground rice, etc., "Lactogen" can be used with advantage to replace ordinary milk. As a general rule, prepare the "Lactogen" in the following strength: Three level household tablespoons to one cup of boiling water.

Malt Soup.—2 tablespoons Maltogen, 1 tablespoon of flour, $4\frac{1}{2}$ tablespoons "Lactogen," 15 ounces water.

Mix the Maltogen, flour and "Lactogen" together. Add sufficient water to make a smooth paste; then add remainder of water and stir. Place in a double boiler and boil for 5 to 10 minutes.

Mutton Broth.—Cover a shank with water; add 1 tablespoon of barley and a pinch of salt. Boil about four hours till meat comes easily from the bone. Strain and set. When cold, remove all fat and warm up. This broth is best made the day before using.

Pritchard's Vegetable and Bone Soup.—Take 1 lb. of shin of veal or bone of some other young animal (chicken, lamb, etc.). Chop up so as to expose marrow and simmer gently for about eight hours with $1\frac{1}{2}$ pints of water and 1 tablespoon of malt vinegar, but no salt. Add about $\frac{1}{4}$ lb. of mixed vegetables and again simmer for one hour. Strain, make up to 1 pint, and allow to set into jelly.

(Dr. Eric Pritchard, referring to the uses of this soup in his work, "The Physiological Feeding of Infants and Children," states:—"It can be given to babies of any age . . . For ordinary healthy infants I generally order 2 to 4 ounces to be given in the 24 hours.")

Rice, Barley or Oatmeal Jelly.—Two level tablespoons of rice flour or patent barley (in the case of oatmeal jelly, $1\frac{1}{2}$ level tablespoons of oatmeal), 10 ounces of water, pinch of salt.

Mix the rice flour, patent barley or oatmeal with 1 ounce of cold water and add 9 ounces of boiling water. Stir two minutes and place in double boiler. Boil for one to two hours. Strain and keep covered in a cool place.

"Lactogen" Gruel.—Take one teaspoon of oatmeal and sprinkle into a cup of water, and boil 20 minutes to half an hour. (If for a baby under 9 months this must be strained.) Add prepared "Lactogen" to suit taste.

Baked Custard.—One egg, half a pint of prepared "Lactogen," sugar to taste. Beat up the egg, add the "Lactogen," stirring well, pour into a buttered pie dish and bake in a slow oven. A few drops of vanilla or essence of lemon may be added.

Ground Rice Custard.—Ground rice, one egg, half a pint of prepared "Lactogen." Mix one large teaspoonful of ground rice with the "Lactogen." Beat up the egg, and add this to the mixture with a little sugar. Bake in a pie dish in a slow oven.

SUGGESTIONS FOR THE USE OF VARIOUS FOODS IN THE DIET.

The introduction of "educational" feeding will depend on the particular requirements of every individual baby. Whereas one will need added cereal or soup or vegetable puree at as early as three months, others will not require the supplement until six or seven months of age. The chart on this page is offered as one suitable for most babies.

FOOD	AGE	QUANTITY	REMARKS
"VI-LACTOGEN"	All Ages	See feeding table (page xxxii).	When modification is practised by the addition of cod-liver oil or extra lactose "Vi-Lactogen" is indicated as simpler and more satisfactory, as only the addition of water is necessary.
"LACTOGEN"	All Ages	See feeding table (page xxxiii).	"Lactogen" is a safe basic milk diet during all stages of a child's development.
MALTOGEN	All Ages	Add to "Lactogen" or "Vi-Lactogen" $\frac{1}{4}$ to 1 teaspoonful per feed (see table, page xlv, or replace one teaspoonful of the "Lactogen" or "Vi-Lactogen" powder by one teaspoonful of Maltogen.	Maltogen contains all the sugars formed from starch. Therefore, useful in educating the digestive functions of an infant for starch. Of value also as a corrective for constipation and in malnutrition. Contains added Vitamin B ₁ .
ORANGE JUICE	1 Month	Begin with a few drops, increasing to a half teaspoonful by end of a week. Increase to 4 teaspoonfuls daily at 6 months. Usually given at the one time, i.e., 4 p.m.	Strain and dilute with an equal amount of cool boiled water. Given to supply excess of anti-scorbutic vitamin. $\frac{1}{2}$ teaspoonful in 3 to 4 tablespoons of warm, boiled water one hour before feeding tends to prevent constipation. Prepare juice just before using.
RICE JELLY BARLEY " OATMEAL "	4-7 Months	Begin with very small quantities. Usually fed in solid form with diluted "Lactogen" or "Vi-Lactogen."	It is usually advisable to start with barley or rice jelly, as they do not have the same irritating effect as the oatmeal jelly.
MUTTON BROTH VEGETABLE "	4-7 Months	Begin with two teaspoonfuls, increasing to six tablespoonfuls.	Small quantities can be given early. BAKED BREAD CRUMBS can be added to the broth.
EGG YOLK, RAW	5-6 Months	Commence with 3 or 4 drops added to the milk mixture.	Gradually increase to 2 teaspoonfuls.
HOME-MADE RUSKS	6-7 Months	Very small quantity just before or after "Lactogen" feed.	The period to begin depends on the development of the teeth, i.e., when baby has four.
VEGETABLES	6-7 Months	Begin with small quantity added to the broth, and at 8-9 months two tablespoonfuls given separately.	Well mashed and sieved peas, beans, pumpkin, marrow, cauliflower, spinach, carrots. Thicken broth gradually until it is a puree.
APPLE PULP PRUNE PULP	6-7 Months	One teaspoon. Gradually increase quantity to 1 to 2 tablespoons.	Can be given earlier for constipation.
FIRM RIPE APPLE	6-7 Months	Begin with small quantity.	Begin by scraping off with a spoon.
STALE BROWN BREAD AND TOAST	6-7 Months	Begin with small quantity.	Lightly spread with butter, dripping, seedless jam, honey, treacle, or yeast extracts.
DRY CRUSTS OF BREAD	6-9 Months	Only very small quantity is actually eaten.	Give usually just before "Lactogen" bottle; may be slightly buttered. Do not leave baby alone with crust.
"LACTOGEN" CEREAL PUDDINGS	7-10 Months	Two ounces, 1 meal per day, made from sago or rice.	Very small quantities can be given as early as the 7th or 8th month to inculcate starch digestion.
COCOA	15 Months	Weak—as a flavouring.	Made with "Lactogen."

The "Lactogen" and "Vi-Lactogen" Mother Book which we give to mothers contains additional suggestions.

N.B.—Mothers are apt to overfeed when commencing with starchy foods. It cannot be over-emphasised that only very small amounts of supplementary foods should be added, except towards the end of the first year.

NESTOGEN.

A Half Cream Infants' Food

Percentage Composition*

Total Solids	Fat	Protein	Ash	Lactose	Malto-Dextrin	Sucrose	Vit. A. I.U. per oz.	Vit. D. I.U. per oz.	Organic Iron mg. per oz.	Calories 1 med. table-spoon	Wt. in ozs. 1 med. table-spoon
96.7	12.0	20.0	4.7	30.0	15.0	15.0	425	91	1.50	40	.31
10.57†	1.38	2.30	.54	3.45	1.72	1.72					

Nestogen is a spray dried half cream food, prepared especially for use under medical direction. Nestogen will be found particularly useful for infants who have shown signs of fat intolerance or dyspepsia and for weak or premature babies. Some infants find difficulty in digesting the full amount of fat in the recognised formulæ.

The medical profession will find that even normal infants can be weaned more easily by using Nestogen in the initial stages.

Nestogen is a food for specialized use and it will be noted that we recommend on the label it should be used under medical advice. The label also states it is "unsuitable for infants under six months, except under medical direction". This statement is required by law, because the fat percentage present will not conform to standards laid down in the Food and Drug Regulations of the different States, for an infant food.

It will be noted that the carbohydrates, other than lactose, are malto-dextrin and sucrose. Infants can assimilate, without digestive upsets, a higher percentage of carbohydrate if composed of a number of sugars instead of a single sugar only. Mixed sugars are less readily fermented and, in particular, the presence of a polysaccharide such as Dextrin is advantageous as it is slowly but completely digested, and is less readily fermented.

Owing to the reduction in fat in Nestogen, the vitamins A. and D. of natural origin are proportionately reduced. It is important to note, therefore, that each ounce of Nestogen has been fortified by 425 International Units vitamin A. and 91 International Units vitamin D.

"NESTOGEN" FEEDING TABLE.

Based on Medicinal tablespoons — household spoons should not be used.
PRESS POWDER FIRMLY IN MEASURE WITH KNIFE AND LEVEL OFF.

Age	NESTOGEN level Tablespoonfuls	Boiled Water Tablespoonfuls	Makes Fl. oz.	Feeds per day	Calories per feed
1st week	$\frac{1}{2}$	$2\frac{1}{2}$	$1\frac{1}{2}$	6	20
3rd "	$1\frac{1}{2}$	$6\frac{1}{2}$	$3\frac{1}{2}$	6	50
5th "	$1\frac{3}{4}$	8	$4\frac{1}{2}$	6	70
7th "	$2\frac{1}{4}$	10	$5\frac{1}{2}$	5	90
$2\frac{1}{2}$ months	$2\frac{1}{2}$	11	6	5	100
$3\frac{1}{2}$ "	$2\frac{3}{4}$	12	$6\frac{3}{4}$	5	110
$4\frac{1}{2}$ "	3	13	$7\frac{1}{2}$	5	120
$5\frac{1}{2}$ "	$3\frac{1}{4}$	14	$7\frac{3}{4}$	5	130
$6\frac{1}{2}$ "	$3\frac{1}{2}$	15	$8\frac{1}{2}$	5	140
$7\frac{1}{2}$ "	$3\frac{3}{4}$	16	9	5	150
9 "	4	17	$9\frac{1}{2}$	5	160

IMPORTANT.—When commencing to use this food mix all the water with only half or even less the amount of NESTOGEN for first feed, then gradually increase to the amount of NESTOGEN recommended for the infant's age.

The feeding table is based on the caloric requirements of an average infant and is given as a guide. It can be adjusted to the special need of the infant.

* Nestlé Research Laboratory.

† Dilution recommended at 1 month.

MILO. A Fortified Tonic Food.

Percentage Composition:*

Fat	Protein	Carbohydrate	Mineral Salts	Moisture	Wt. Oz. 1 Med. Tablespoon	Calories in 1 Med. Tablespoon
11.7	12.7	68.0	4.6	3.0	.25	31.0

Milo—Fortified Tonic Food—prepared by the Nestlé Company, is the outcome of prolonged research and investigation. The composition was determined from the results of numerous biological trials and, moreover, was approved by several distinguished dietitians before being finally adopted.

Milo is a concentrated tonic food prepared from Milk with Malted Cereals and Cocoa, fortified by the addition of vitamin concentrates organic Phosphates and important mineral salts—including Calcium, Magnesium, Iron, Sodium.

It is now generally accepted that many modern diets are seriously deficient in certain minerals and that such deficiencies are not only conducive to faulty metabolism but may even, in some instances, ultimately lead to specific disease. Milo is, therefore, enriched with balanced amounts of those mineral constituents which are so essential to the human organism—especially as regards the nervous system.

These elements are added in those particular combinations which can be readily utilised; for example, iron is furnished as the easily assimilated ferri et ammonii citras, whilst an adequate phosphorus allowance is provided in the form of glycerophosphates—which can be rapidly absorbed.

The addition to Milo of magnesium is of particular clinical interest, as it is now known that this element is a constituent of all living cells. Professor Delbet of Paris has submitted evidence of his contention that certain pathological conditions are attributable to magnesium deficiency which he considers arises from a gradual decrease in the amount provided by ordinary foodstuffs.

The nerve cells in particular call for appreciable amounts of magnesium, so that Milo—on account of its richness in magnesium—is a definite fortifier of the nervous system.

Milo also furnishes a generous vitamin allowance; not only are the vitamins of the original grain and milk carefully retained, but the incorporation of cereal germ, a rich, natural source of B₁, and also of yeast, provide additional quantities of the B factors. Moreover, the product is supplemented by the addition of concentrates which supply vitamins A and D in natural ratio, without impairing the taste, odour or digestibility of the Food.

Milo, when packed, contains not less than the following amounts of vitamins and minerals:—

Vitamin A	500	International Units per ounce
Vitamin B ₁	50	" " "
Vitamin D	100	" " "
Calcium as Ca O	0.65	per cent.
Magnesium as Mg O	0.26	" "
Iron as Fe ₂ O ₃	0.02	" "
Phosphorus as P ₂ O ₅	1.30	" "

Indications for Use.

Nervous Disorders. Milo has been specially designed as an anti-neuritic tonic food, and is invaluable in cases of neurasthenia, nervous debility and insomnia. Its B₁ content is of special interest.

* Nestlé Research Laboratory.

Pregnancy. Milo is of particular value during pregnancy, as — apart from its general nutritive properties — it increases the calcium-phosphorus intake, and thus avoids depletion of the maternal skeleton, due to the foetal demand.

Nursing Mothers. As Milo is a complete food, it offers the supplementary nourishment required during this period; in addition the mineral and vitamin contents are of value—not only in maintaining the general health of the mother—but also in protecting against possible deficiencies in the infant.

Senility. Milo can be included with advantage in the dietary of the aged; it is easily digested and contains an ample supply of magnesium, an element frequently indicated owing to disturbances in the calcium-magnesium balance caused by advancing age.

Convalescents, Post-operative Cases, etc. In all cases where an easily digested tonic food is indicated, Milo may be prescribed with every confidence.

Milo has excellent keeping qualities and is extremely convenient in use; it is taken in either hot or cold milk as desired. A simple way to include Milo in the diet is to recommend its use in place of cane sugar on cereals and puddings.

STERILISED CREAM.

Percentage Composition:*

Water	Fat	Solids— not fat	Cane Sugar	Wt. ozs. 1 Med. Tablespoon	Calories in 1 Med. Tablespoon
68.0	25.5	6.550	38.0

Sterilised Cream is manufactured in a similar way to Ideal Milk except that concentration is not required. Although absolutely free from preservative, Nestlé's Sterilised Cream will keep indefinitely in the unopened state.

Cream, on account of its high percentage of butter fat, is rich in vitamins A and D, and according to authorities the method of manufacture we use does not appreciably affect these vitamins.

NESTLÉ'S GOLD MEDAL CONDENSED MILK.

Percentage Composition:*

Water	Fat	Protein	Lactose	Ash	Cane Sugar	Wt. oz. 1 Med. Tablespoon	Calories in 1 Med. Tablespoon
25.5	9.1	9.0	11.8	2.0	42.5	.67	65.5

In the manufacture of high-grade condensed milk the quality of the fresh milk used is of the utmost importance. We apply to all our products the same strict control throughout as outlined in the notes we have given on the manufacture of "Vi-Lactogen."

In the process of manufacture of condensed milk the fresh milk is pasteurized and then drawn by suction into large vacuum pans with a holding capacity of many tons of condensed milk. Sterilised sugar solution is drawn into the pan during evaporation of the milk.

By reducing the pressure with vacuum pumps rapid ebullition in the milk at low temperature results and concentration takes place until the original 87 per cent. of water in the fresh milk is reduced to 25.5 per cent. The vacuum is broken, and the condensed milk is pumped to the cooling equipment, and finally to the filling and packing machines.

The low temperature of evaporation and the absence of oxygen are, no doubt, responsible for the fact that in high-grade condensed milks the vitamins A, B, and C, also D and E are practically unaffected by the process of manufacture.

* Nestlé Research Laboratory.

As the condensed milk has never reached temperatures higher than pasteurization, it is not an absolutely sterile article in the strict sense of the word, **but it is free from pathogenic organisms.** Owing to the quality of the fresh milk used, and the scrupulous hygiene of our factories, our Research Laboratories frequently record colony counts of less than 17 organisms per gramme.

This figure is the more striking when compared with Public Health reports on city milk supplies.

Nestlé's Condensed Milk has long been recognised as an extremely useful food for premature infants; also children suffering from gastric disturbances show a marked tolerance for it when other foods have failed. Its freedom from pathogenic organisms makes it a safe food during hot weather.

A recommended method for premature infants when breast milk is not available is to begin by using 1 part of condensed milk by volume with 11 parts of boiled water. For example, one half medicinal tablespoonful of condensed milk (2 teaspoonfuls) plus 5½ medicinal tablespoonfuls of water gives 6 tablespoonfuls of mixture or 3 fluid ounces—caloric value approximately 11 per ounce.

Then gradually increase strength to 1 part of condensed milk by volume with 7 parts of boiled water. For example, one medicinal tablespoonful of condensed milk plus 7 medicinal tablespoonfuls of water gives 8 tablespoonfuls of mixture or 4 fluid ounces—caloric value approximately 16 per ounce.

The composition of this full strength mixture is approximately 1.5% protein, 1.48% fat, 8.7% carbo-hydrate (2.2% lactose, 6.5% cane sugar).

The total water intake required daily for prematures is about 3 ounces per pound body weight. An adequate intake of water is important.

When used as the sole diet of an infant care should be taken to see that the vitamin A and D intake is adequate as the fat percentage is comparatively low, with a consequent decrease in vitamins **A** and **D**.

Directions for Preparing Nestlé's and Gold Medal Condensed Milk for Infants:

Age	Condensed Milk Medicinal Spoons Table	Tea	Boiled Water Medicinal Table- spoons	Calories per Feed	Remarks.
At 1st week	—	1	2	16	This table is based on 1 part of Condensed Milk to 7 parts of water, for six 3-hourly feeds at 6 a.m., 9 a.m., 12 noon, 3 p.m., 6 p.m., and 9 p.m. For 4-hourly feeds add one-fifth more of Condensed Milk and of water to each feed. To use household tea and tablespoons, take two-thirds of the medicinal measurements. It is best to use medicinal measures, as household spoons vary in size
" 2nd "	—	2	4	33	
" 3rd "	—	3	6	49	
" 4th "	1	—	7	65	
" 6th "	1	1	9	81	
" 2½ months	1	2	10½	98	
" 4½ "	1	3	12½	114	
" 6 "	2	—	14	131	

General Conclusions.

Contained in a report by the Laboratories of the Royal Institute of Public Health, London.*

1. The milk used in the preparation of Nestlé's Full Cream Condensed Milk is obtained under the most satisfactory conditions of supervision.
2. The processes of manufacture are carried out under the best hygienic conditions.
3. The chemical results show the condensed milk to be of good quality.
4. The bacteriological results show that the processes adopted are effective in the reduction and destruction of bacteria.
5. No evidence was obtained of the presence of the tubercle bacillus.
6. Evidence of the preservation of the vitamin contents was confirmed.

* This report deals with investigations and conditions obtaining at one of our English Condenseries, but the methods of condensing and care exercised there apply equally to all factories controlled by the Company throughout the world.

IDEAL MILK—(UNSWEETENED).

Percentage Composition:

Water	Fat	Protein	Lactose	Ash	Cane Sugar	Wt. ozs. 1 Med. Tablespoon	Calories in 1 Med. Tablespoon
§§ 71.8	8.2	7.9	10.4	1.7	..	.54	\$ 23.2
** ..	3.8	3.7	4.9	.7	10.3

In the manufacture of Ideal Milk, laboratory methods of sterilisation under pressure are adapted to industrial conditions. Great care and scientific control are necessary both in the preparation and sterilisation of the milk.

Without any addition, the milk is concentrated to a definite analysis in the vacuum pan and homogenized to split up the butter fat globules and effect satisfactory emulsification when diluted. It is then filled into tins and hermetically sealed. The filled tins are autoclaved, being subjected to sterilising temperatures for a period of about a quarter of an hour. By this means every organism in the milk is killed; therefore, the product will keep indefinitely while sealed. After opening, as no preservative is present, the milk will sour in the same way as fresh milk, and in warm weather it should be kept on ice if not used immediately.

Ideal Milk when diluted provides a useful substitute for fresh milk for all general purposes. Of all forms of cows' milk, unsweetened milk is perhaps the least allergic. In practically every case of true milk allergy, unsweetened milk is well tolerated. ("J. Pediat.," May, 1940).

NESTLÉ'S MALTED MILK.

Vitamin "B₁" is now added to Nestlé's Malted Milk.

Percentage Composition:

Water	Fat	Protein	Lactose	Ash	Cane Sugar	Malt Sugars	Starch	Vitamin B ₁ Int. Units per oz.	Wt. oz. 1 Med. Tablespoon	Calories in 1 Med. Tablespoon
† 3.0	9.4	12.9	12.0	2.7	..	60.0	..	150	.31	38.0
‡ ..	1.1	1.2	1.2	.26	..	5.8	..	14	..	5.7

Nestlé's Malted Milk is made by drying a combination of whole milk with an extract of malted barley and wheat flour, the ratio of malt solids to milk solids being 2 to 1, the whole of the starch being completely converted by diastatic action into soluble malt carbohydrates.

The final process is an interesting one, as the whole of the desiccation to powder takes place under vacuum.

While we do not recommend Nestlé's Malted Milk for routine infant feeding, nevertheless it is useful in special cases, as generally speaking tolerance for maltose is greater than for either lactose or cane sugar. The following feeding table has been found useful.

Based on level, not heaped, medicinal tablespoons.

(1 Tablespoon = 4 Medicinal Teaspoons Malted Milk
= $\frac{1}{2}$ fluid ounce of water).

Age	Malted Milk Med. Tablespoon	Water Med. Tablespoon
1st month	$\frac{1}{4}$ to $\frac{3}{4}$	3 to 5
2nd "	1 $\frac{1}{4}$	7
3rd "	2 $\frac{1}{4}$	9
4th "	2 $\frac{3}{4}$	12
5th "	3 $\frac{1}{4}$	15
6th "	3 $\frac{3}{4}$	16

§§ Concentrated.
† Dry.

§ If calculated on 255 cal. per oz. Fat and 114 cal. per oz. Protein or Carbohydrate, 22.6 and 10.1.

** Diluted, 1 fluid oz. to 1 $\frac{1}{4}$ water.

‡ Diluted, 1 $\frac{1}{4}$ Med. Tablespoons to 4 oz. water.

The table is based on three-hourly feeding intervals allowing for one night feed during first month.

Times of feeding recommended:—6 a.m., 9 a.m., Noon, 3 p.m., 6.30 p.m., 9.30 p.m.

After 6 months, the quantities given should be increased gradually in the proportion of 1 tablespoon of Malted Milk to 4 tablespoons of water, i.e., if giving 5 tablespoons of Malted Milk, 20 tablespoons of water would be required.

Nestlé's Malted Milk is of value when low fat and protein, together with replacement of cane sugar, becomes necessary, and further, owing to the method of preparation, the vitamins of the milk and cereals are retained. When used for a prolonged period for infant feeding the supplementing of accessory food factors A and D is desirable, especially as the milk constituents are comparatively low when the product is diluted for use.

In recent years a great deal of scientific work has been carried out on the physiological effects of vitamins on human health and nutrition, which may be summarised as follows:—

Shortage of Vitamin B₁.—A shortage of Vitamin B₁, known as the anti-neuritic, growth-promoting vitamin, has been proved to cause very serious disorders. While extreme shortage which causes beri-beri and associated diseases is rarely encountered in this country, there is no doubt that modern diet and the refining of cereals can result in a lowering of the B₁ intake to dangerous levels. This has brought about in many individuals a condition of chronic deficiency.

The indigent, and those who, from idiosyncrasy eat poorly balanced diets, and food faddists, frequently seriously reduce Vitamin B₁ intake. Patients suffering from organic disease often have little appetite, or dietary restriction may limit intake, while gastro-intestinal disturbances can also impair absorption.

Finally, the B₁ requirement is greatly increased by augmented metabolic processes in febrile conditions, hyper-thyroidism, intense muscular exertion and during pregnancy and lactation.

Scientific Opinions.—Well-known scientists claim that many disorders of modern life, loss of appetite, constipation, nervous and alimentary diseases can be traced to a border-line intake of Vitamin B₁. These are dietetic troubles which do not necessarily incapacitate, but which lower the general tone and cause mental and physical fatigue. Many go further and state that shortage of Vitamin B₁ is the most serious feature of present-day diet.

Adequate Intake Essential.—Vitamin B₁ cannot be stored for any length of time in the body. There is no appreciable reserve to be drawn on and, therefore, it is essential that the daily intake be adequate.

Modern refining of flour removes the germ of wheat because of its ill effect on the keeping quality and colour of the flour, also statistics have proven that much less flour is eaten now than formerly. Previously the body could rely on the wheat germ in flour for a reasonable B₁ intake, but it must now obtain the necessary B₁ units from other sources.

Nestlé's Malted Milk is now fortified with Vitamin B₁.—Nestlé's Malted Milk, which has always been prepared from barley malt and other cereals containing the valuable germ, has now been fortified with additional Vitamin B₁ from the richest natural sources. This means that other

associated vitamins are also added; i.e., A, B₂ and E, and valuable organic phosphates of Calcium and Magnesium.

Nestlé's Malted Milk has been found particularly useful in invalid diet, in typhoid, pneumonia, and post-operative cases, where easy digestion and rapid assimilation are essential.

Nestlé's Malted Milk is not only a nourishing food drink, but, as the result of this new development, has definite tonic and invigorating properties due to this increase in its Vitamin B potency.

MALTOGEN.

Malt Sugars with Vitamin B₁ for Infants and Adults.

Percentage Composition:*

Water	Fat	Protein	Lactose	Ash	Cane Sugar	Malt Sugars	Vitamin B ₁ Int. Units per oz.	Wt. oz. 1 Med. Tablespoon	Calories in 1 Med. Tablespoon
3.0	...	5.6	...	1.4	...	90.0	140	.25	28.0

Maltogen is a dried extract prepared by the enzymic action of malt diastase on barley malt and other cereals. Not only are the natural vitamins and mineral salts retained, but these are fortified still further by cereal germ extract, rich in the B group of vitamins.

Maltogen contains 90 per cent. of maltose and malto-dextrins, carbohydrates which are formed in the natural process of digestion of starch.

These sugars are especially valuable in the modification of milk or "Lactogen" for infant feeding. Maltogen is ideal for premature, weak and under-nourished babies.

Maltogen is also useful where a high or mixed carbohydrate diet is indicated, as malt sugars are less liable to fermentation or to cause the development of acidosis. They are readily absorbed and better tolerated than other sugars.

Maltogen corrects constipation. It improves appetite and growth owing to its richness in Vitamin B₁ (the anti-neuritic vitamin). Many infants and children show remarkable improvement when foods rich in vitamin B are added to the diet.

Maltogen is valuable not only for modification of infant diet, but as a supplementary sugar for young children, nursing mothers, and adults on limited diets. A simple way to include Maltogen in the diet is to use it on cereals and puddings in place of cane sugar.

The following table will prove of use in prescribing the addition of this food to "Lactogen" or milk:

MALTOGEN	Diluted "LACTOGEN"	Increase in Carbohydrate
	2 fluid oz.	2.5%
	3 "	1.7%
	4 "	1.3%
	5 "	1.1%
	6 "	.9%
	7 "	.8%
	8 "	.7%
	10 "	.6%
1 medicinal tea- spoonful dissolved in diluted "Lacto- gen," as shown in next column.		

* Nestlé Research Laboratory.

SUNSHINE FULL CREAM POWDERED MILK.

Percentage Composition:*

Water	Fat	Protein	Lactose	Ash	Wt. oz. 1 Med. Tablespoon	Calories in 1 Med. Tablespoon
2.5	26.3	28.0	38.0	5.2	.28	41

Sunshine Full Cream Powdered Milk is simply fluid milk from which, after pasteurizing, the water has been removed by the most modern method of spray drying.

This drying process is such that the essential vitamins and the fresh milk flavour are retained to a remarkable degree.

It is readily soluble and when mixed in correct proportions with water reconstitutes into a milk of excellent flavour. When additional nourishment is necessary, Sunshine Full Cream Powder may be made up at milk solids concentrations in excess of those in liquid milk.

3½ medicinal tablespoonfuls pressed and level equal 1-oz. of Powder. 3-ozs. mixed with 18½ fluid ozs. of water to make slightly more than a pint of normal milk containing 3.5% of butterfat.

There is no safer or better milk supply for young growing children, and for all household requirements.

NESTLÉ'S MILK CHOCOLATE.

Nestlé's Milk Chocolate supplies in a concentrated form, the solid constituents of full-cream milk, finely ground cocoa bean and sugar. Due to its richness in fats and carbohydrates, calcium, iron and theobromin, it is a highly nutritious food. Thus it is a most valuable supplement to the diet where extra nourishment is required and is of special interest in cases of anorexia, over-strain, diarrhoea and dysphagia. It is prepared in Australia under strict hygienic methods.

NESCAFÉ.

Nescafé is a Pure Coffee Extract in powder form made by an exclusive process from selected coffee beans.

Nescafé dissolves instantly in hot water or milk; even in cold water or milk it dissolves rapidly and completely, leaving no grounds.

MAGGI SOUPS

A range of easily prepared pre-cooked soups is now available in small packets in the dry form. These soups reconstitute readily and require a minimum of cooking. Varieties are Chicken Noodle, Mushroom, Onion, Oxtail, Pea with Ham, Pea with Vegetables, Tomato, Vegetables with Tomato and Noodles, and Bouillon cubes. Made under strict supervision, they will be found useful in invalid and convalescent diets.

* Nestlé Research Laboratory.

CALENDAR, 1957

January.							February.							March.							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
...	...	1	2	3	4	5	1	2	1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9	4	5	6	7	8	9	10	11
13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	16	17
20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	23	24
27	28	29	30	31	24	25	26	27	28	24	25	26	27	28	29	30	31
...
April.							May.							June.							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
...	...	1	2	3	4	5	1	2	3	4	1
7	8	9	10	11	12	13	5	6	7	8	9	10	11	6	
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15	
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22	
28	29	30	26	27	28	29	30	31	
...	30	
July.							August.							September.							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
...	...	1	2	3	4	5	1	2	3	4	5	6	7	8	9
7	8	9	10	11	12	13	6	7	8	9	10	11	12	13	14
14	15	16	17	18	19	20	13	14	15	16	17	18	19	20	21
21	22	23	24	25	26	27	20	21	22	23	24	25	26	27	28
28	29	30	31	27	28	29	30	31
...
October.							November.							December.							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
...	...	1	2	3	4	5	1	2	1	2	3	4	5	6	7
6	7	8	9	10	11	12	7	8	9	10	11	12	13	14	
13	14	15	16	17	18	19	14	15	16	17	18	19	20	21	
20	21	22	23	24	25	26	21	22	23	24	25	26	27	28	
27	28	29	30	31	28	29	30	31	
...

Based on an average gestation period of 285 days.

To obtain probable confinement date, find in the upper line the date of first day of last Menstruation.
The date immediately below is that on which baby is expected.

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rse)

OBSTETRIC ENGAGEMENTS

[illegible]

rse)

rse)

OBSTETRIC ENGAGEMENTS

[illegible]

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e)

1957

Jan 21st

Monday

JANUARY, 1956

Time	SUNDAY—January 1st New Year's Day	Time	MEMORANDA
	<p>PORT MORESBY → Bulolo. up at 5:15. The taxi came at 5:30, & we all went, got to Koki at 20 to 7. Lovely service: Gerard celebrating, but hard kneeling. 15' fast, & we started to walk back & got a lift. Plans all a-gley, rang people, let them know boat was sailing at 4. Went shopping & saw Lois. We talked at Knewald about Mrs. M. bald suggest nothing but discussing it to the Aeromath. Could not get to Gene. To LMS for lunch is nice + Pat is attractive. Met Butler (nice blatworthy) & S. Martin who knows Pat. To DPH, saw L.W. & met Dr. Abbott. Knew to Tam Boat went at 4:10. Note from P for each of us. Lined, read. Lgt been before dinner. Archives to- night, an African thing, & good. Bed 10:45.</p>		<p>No offer thanks. Cuffert talked for age. Unpacked a bit. F. Alana had talked. Denis, the new one. Jonathan is a bit, the other 2 much better behaved. After lunch slept & read mail, mostly adob., shopped a bit. Betty, Kenley came to aft. tea & G.G. I took her round the island Bath, dinner. Edarg, all filled in much talk & many jokes. Saw 10:30 & breathlessly that. We go on Thurs per \$15.</p>
22-1-57	<p>Tuesday. SAMBORA and ain't it 'ot! The travel boat seems to gather in all the heat too. We were all packed by 8, berthed intolerably slowly at 9:15. Got through customs & a bit, & I took us into the church</p>		

Milo—a valuable food for expectant mothers.

JANUARY, 1956

[illegible]

When Maltose and Malto-dextrin are indicated prescribe "Maltogen."

JANUARY, 1956

[illegible]

Milo provides mothers with more minerals.

JANUARY, 1956

[illegible]

"Vi-Lactogen" with added Vitamins A and D.

JANUARY, 1956

[illegible]

Milo—a valuable food for expectant mothers.

ERORO

JANUARY, 1956

MUKAWA

Time

MONDAY—January 9th

Written 12-1-56

A sunny day. Nestor did most of the housekeeping. I inspected aspirated Nagata's chest. Bob took OCA man to Emili. After lunch got into packing. Gave Mary 1L & giggling along. Mr. W. came in this small son of whom he is proudly proud. They were here stayed one whole hour. We had dinner at 6-30 as MK had to be picked up. It arrived at 7-15. Gave a piece of Mary - Babia POP. He/she pushed it out just as we had the ready. I had the shrimp underfry. Prepared for tea. Lovely bath. Laban helping. Nestor fed the MK. read. Gave a hand to Mrs. John B. Lancelot. Final packing. Off about 10.30 to the boat. Had a farewell beer at Shanks' aboard before MN. Lovely sense of strangeness, freedom riding on the overpowered jeep in the starlight, singing.

Time

TUESDAY—January 10th

Up anchored at MN. Nestor Cal in shore her matters & slept fairly well till 5.30. Sea was calm. We all sat in our own stateroom groups for breakfast. But shared morning tea. Much funny to see people cleaning their teeth over the sides. I slept most of the morning. Mukawa in stinking heat at 12. We made beds. Had a glorious swim. Some of the gut ripendres. The men came. Kwan with us. Luffa. I lay down for a while. Name pecking. Hot had all arranged it well. Got to bed about 9.

MUKAWA - DOGUA

JANUARY, 1956

Time	WEDNESDAY—January 11th	Time	THURSDAY—January 12th
	Written 12.1.56.		
	Up before, ready to fast at on case, & off at 8. Again a perfect sea. Read all the morning for day to work Dogua at 1. H.G. for M.L. came & hour later. Lohof greets, getting luggage sorted. Oliver to meet with wharf to me that he is going to England in a few. Very good thing. Meet all the visitors. H. Charles looks skin & same but when he talks is far more attractive. Dr Capell putting on weight. Eckhoff still here. Pat's friend John Mc Carlin looks pleasant. Went to see everyone. The Dennis have measles. After lunch saw patients & talked to Pat, got unpacked in bit. G'sung. & loaded dinner. Made talk to Dean Wame, also spoke to & P about her. He was rather distant. Told her make a chance to see her. Talked to Oliver about Bishop's coping in my complaint of spiritual disturbances. The Kingman don't want me to see him until the Gordon suggestion is settled. Talk about bringing their noses in the sand. Conplins. Talked to P. King after Bed. This morning came in the mail. Don't like the format.		Did not go to Mass. up & thought about med. needs called in education only for the Roberts. After breakfast a stream of O.P. Conference at 10. & P. change in good but for details. After lunch elected I was secretary. For Roberts presented his ed. problems. Not says & a lot of us went to sleep, anticipating though it was. Went to see Fr. John new establishment then to Wame & heard of her interview & P. Arranged that the Laymen of hand should be 7-15. He announced that Dennis, asked Conference to pray in the Cathedral. I thought it was probable that but she was quite happy. It was arranged that Fr. John should come too. I was a bit of a internal prayer & a unity in these 3 people I love so much. I felt honored to be there yet there was some pride to want. Repeat began at 8. I think will be good to have clergy there to & attend service. A lot of fun at dinner the meal was excellent. Got a mail in in P.M. waiting tonight on in A.M.

Sufficient organic iron now added to "Lactogen" and "Vi-Lactogen."

DOGURA

JANUARY, 1956

Time

FRIDAY—January 13th

Written 14th.

~~Start of retreat.~~ Called at 6 AM
to Saint Wardman, grateful
something. ? New Wash. just got
dressed, called to friend at Hospital
who stopped breathing. The nurse died
at 3:30. Late to Mass. Old white &
brown patients till after 10, after
morning tea to A/N patient began to
fret about speaking retreat, but
I realized: my mind but perhaps
noticing heart that I must accept
this as God's will. The retreat ad-
dress spoke of resentment as waste-
ful of energy, as it certainly is.
After lunch washed head, clothes
& bathed & a bit of reading. Quiet
the rest of the day. After dinner
spoke to Marie, we went for a
walk, she comforted in me in a
most warm Marie-like manner.
The dear Mass, she seems better.
To E's song together, looked at her.
^{LAME} Lane 2, about, it looks as if the
infection remains though I saw
nothing. Talk to her: looking
after the pre-m. buffer, Gough.
Bed. Can get a bird now though
I don't know. Slept through 2
addresses. Trying to and cutting
resentment agt. Jean. Bless her

Time

SATURDAY—January 14th

16-1-56.

RETREAT. To Mass. a long day.
I forget most of it. Seeing Jb
& in retreat. The
addresses in good on Chantry.
To bed late. Sang all day
but got a hoarse-ness.

DOGURA

JANUARY, 1956

16th

Time	SUNDAY—January 15th	Time	MEMORANDA
	16-1-56.		
	END OF RETREAT. Overlaid but got late to 6 AM Mass. Rarely served. In Charles does for his identity in celebration with in the ideal. I had a glimpse of my own lovelessness. The ideal of Xian love in little things. Cippi thought out C's agenda. I started on report, or speaking about it. Late to fast. Talking quite plainly Benny all day in p.s. Long talk to Nancy who definitely has been of being watched. Suspicious Qurst. I had an report to consult Gola rest after lunch. Meet C's at 4:30, who just better than I had feared. Brian H. reported whooping cough in SL so I went down at 4:30 saw Raelph, I wanted a solid 40 mins for Stanley. SL isolated Back at 6:30 to find + D still preaching. I glad to miss it. Got in a bath before late dinner. Met C's till supper, then to see John C. a T of 102°. Nancy had asked to see me but there wasn't a chance. She was asleep but woke. Joan called me 11:30, she was weeping & un- controlled. Left her at 12:30 almost gave a lot of refreshing news from the girls. Went to the kitchen off-downt. This is that		Whole day. The Dams arrived 6 AM. All was German measles & they didn't look too bad, only tired. I woke at 7, up & said my prayer 1 to 2. Nancy who was beautiful & uncertain. Spent that night K. swallowed because I made him sore. Saw the solidly felt many for John C. said in P.O. & moved to S.B.H. Mrs. Eckhoff. D.V. Myrtle unusually & having made in bed. The whole day. Communion meeting. The Dams spoke to meet C's about finance & the C's decided to ask for Papuan frames & suffal. After lunch saw some folk & a long blessed and relaxing talk to Oliver. We both unburdened. felt better K. advised me to handle the Kenyan again with Quid. Ken consented to return. Got to 3:00, not to St. Mary's wanting me in spare room, much more normal tonight. A bit more blee after after tea. Tonight saw Ken K. rather felt walked. Nancy said deliberate. Dog breed & she stinking feet knocks everyone.

"Vi-Lactogen" does not need the addition of Emulsion or Lactose.

JANUARY, 1956

Time	MONDAY—January 16th	Time	TUESDAY—January 17th
			Am sleepy but not so tired — no hoop-up. Up at 6.30 to mass, lavish service. To Mass. to see Fr. Ken. after breakfast saw patients till 10. Conference. Still Presidential address all the morning. till after tea. a few surprises — Fr. Newman, Chisholm Saw our new Canon Mr. Aley's last concert at night as the debutante. Very good but too long. marvelous I went to sleep. Good evening! farewell. Dear old man. have stayed throughout, much better than God.

Time	WEDNESDAY—January 18th	Time	THURSDAY—January 19th
		22.1.56	
	<p>called at 2.30 for mid. Dulcie into of Mercedes. 2nd stay, pain head knocking as IF. Not higher cephalus did not decide on a balloon, my fist. Thank heaven for all the nurses—Pat R assisting. Pat D sent, than anasth., taken to look after the babe. Lot 9 sent. Started to b. finished 7.15. Her uterus bled as we ut. has before, I was scared stiff. Ann. fluid plenty. However, mother & babe came through Bt. saw the light go on at 4 r. came down & said prayers which were a great comfort to me. I think to believe. Late 6' fast, before today. W. all felt knocked. Dulcie now appeared near pink at first. John C. I.S. Q. You & + D off column, also John Melahn. Conference at 10—Fr. Law's report, excellent. Parker good. Good discussion after. I said next to Chvon bless him. Very wet day. P.M. Fr. Capell spoke on language. I had a sleep 5-6, the other didn't. Tonight's good talk about St Francis' Francis slides. Supper bath. bed. Fr. John spoke about Land. To see him tomorrow.</p>	<p>Sacred Synod. 70 mass at 7.10. B' fast, fb. 9.30 mass of Holy Spirit—Procession. Got some soap. Lovely service. Wet stormy day. Did some washing saw little David. I am necessary. Saw K/Vs. Did report. P.M. had on him's sleep. report. Fr. Lang at Maria. Ruth E sang. Fr. Charles shaved shaver. talked of work of his Ordination lounge. P. P. name there too. Very interesting. I am attracted to him. yet seem to have nothing to say & haven't spoken to him. M.V. had their C's meeting. wh. threatened to be a bit stormy but was b. Dulcie improved. Lights failed. Lesley found a drumming in her bed. I a lot of noises about murders & chos. Bed 11 P.M.</p>	

JANUARY, 1956

D. Downtine

Time	FRIDAY—January 20th	Time	SATURDAY—January 21st
	22.1.56		21.1.56
	<p>Up to Mass & even got in most of Watkins. Usual rush of folk. Mass had a sweeping fit in the night but much improved. Lained Syrod. i Mass at 9.30 Requiem for all who have died since last Conference & Lannington disaster folk + D having another at 6 on 21st for them, but most people felt it was too much. All these masses are wearing, if good. Caught the jeep to the beach to see St L. People. Cuppa & report. P.M. had a good sleep, report. Lesley worried about John. A "sally" at night, but I typed report after going through Helen's notes for an hour. Let my lamp & finished report at 11.</p>		<p>Slept badly - disturbing noises mosquitoes & excited brain. Up to Mass at Downtine a lovely service + P giving a lovely little address. Cuppa at D. i. h. i. fact. P. h. Conference at 10.1 all day medical report: not much discussion. After Education & some talk that got + P hot up. It is so shockingly tired. Went to Hosp. after lunch to see some Mary out of quarantine. John's T 102° i. h. undrivable: pain in back of neck. Suggested another opinion to + P, as I thought the plan was to come on Monday: however, it came later. Decided to consult Lesley + I decided on laying on of hands. Comrade Office at 5.7. Hugh taking it from went through, she says she is not a member. Saw Betty P. i. drainbox, & John again. Taught a marching: The Robert after dinner, then bath, E's song, & to John's ward for the "unbumping" & laying on of hands. + P + D & Charles, Lesley, Pat, A present, the rest in the Cathedral. James was there & the whole situation in his hands. Odd job after. Very tired but</p>

Nestlé's Malted Milk is recommended for post-operative cases.

less so since tonight.

DOG URA

JANUARY, 1956

Time

SUNDAY—January 22nd

24.1.56.

Time

MEMORANDA

Can't remember much.
Mrs. Lane not well, groaned
& wanted. Kept everyone
awake. To 5 o'clock, Mass. did
job & saw pt. till 1/2 past. went
over John carefully. 10 o'clock
conference sermon & offering.
Dr. Capell preached. 5 well
too. Called to job, forgot
to call till 5:12. Saw them
late for lunch. A blessed
time on my bed. Then I
forgot what. 5:30 T's song &
preaching. At night they
shaved colored shaves. 9
wrote letters. Bed late as
usual.

JANUARY, 1956

Time	MONDAY—January 23rd	Time	TUESDAY—January 24th
	24.1.56		
	Up to Mass. Planning west. People's clothes a problem but O.K. Mrs. Lane looking ill. I was all up. Down to the night. Lawler Avenue. After she wanted on, got another. she settled. Conference all day a talk to Oliver who want me. P. at about his leave. We hope to have a quiet time together but not too hopeful. P.M. finished Presid. address. change wh. was splendid but can't too late when people were weary in a hard shower of rain. People running off to collect clothes off the line. To find on Pedersen services, offering them to God, & talking a book of Meditations to help. I thanked him after also about ship on station. 5 P.M. Guild of St. B. but I was too busy. Didn't get them. Conference dinner. I spent odd. end of mail during David's plaster. go forth finished 8.45 P.M. then to bed for rest of party. V good. Late supper Bed 11.30		Up 5.30 intending to go to Guild of St. B. Mass at Ged. Ford Pat looking after Mrs. Conthi. i. draught. she painted. We ran round. suit, washer, bedpan on. missed mass. John surprised. T. arrived since 6 A.M. Fine morning. people got washing done. Wet P.M. sea rough. No M.K. yet. had ph. long talk to Nance, who is to go back to Eric's. Conference. & D. talked too long about England, U.S. & later about his architecture. went to sleep. Joan, Vienne, Eliza. D. & I. a good. Chloey. P.M. talked to R. Charles, & thought was stupid & tedious, not tall, well he was kind & helpful. A most attractive man. a smile in his eyes though his countenance is stern. Conference P.M. had to cancel partent. Also Conference photo. Little time for faith. then the burial of Madam's remains behind the altar. Very inspiring but a too too long. all dragging weaners. Dina. odd job. seeing people.

DOGURA

JANUARY, 1956

Time WEDNESDAY—January 25th END OF CONFERENCE	Time THURSDAY—January 26th Anniversary Foundation of Australia, 1788
<p>ref 6:30 saw ph & phaled. still got to Ch during Mattins. St Paul's Mass. Celebration started 7:30 after getting D grand. & bring. Mrs Lane eating at last. McCarty shd of temp. inf. mid case in top to fast, but finally came off & finally at 11. Got to fast, ran after number of ph to M.D. found Stanley & well. got him admitted after funch. 12:40 buffet lunch. Lupran clergy present. Everyone present with much talk. Fixed David's plaster. foot, saw Maxine up. Breast did not come as in- structed to Conf. at 2 to 3, & then a terrific rainstorm. & D spoke on blunch of S. India & nicely Conf. went to bed 4:30, supper, bath, & song 5:30 - after 7 - installing of Canon adm of Guild of SB & SM. wanted licensing of Tom Waker. then Procession. Forward Xian soldier to drums was given but had to be repeated alas! Then to drum. We were nearly done in. Dinner. M.K. serv. at 5:30. can't eat before it. bad seas. 10 minutes fastened a lot of talk & relaxation. I work hard. Kam wants to talk to me. I think it</p>	<p>Went to a bit of grass, left for same job. Mrs Lane shiving again. Mat. Gran & good on the job. At 6:15 fast announced that folk wd. depart 4 A.M. & Wigles go home as 7th goes down to 10 gals. Decided we were finally to stay here. Bury in box I saw friends & glasses. Conference minutes & after morning tea. Lydia. Eunice saw from Savan at M.K. a big piece. She wanted to go to Boranai - John A. I chased down to Wadman & the husband in the lunch hour. Her kind to come here. General air of relaxation Long talk to Gran. I spoke about the making into action & reference to me - I seem she & I can went to + P. he allowed £15 for Cuthbert at an rates £8.15 wd. to about fair & other things. She was sweet & humble. but to I can well have to be tackled. Evening round & round the diff. bones being ph. saying good. by being with n. Clare called in a name. It was about by to Charles. He later met me. brought the subject said good by I bed 10:30.</p>

Cuthbert. Anyway. it threatens
to be a difficult session am
staying in here I think.

JANUARY, 1956

Time	FRIDAY—January 27th	Time	SATURDAY—January 28th
	<p>Light on at 2 & fresh coming & going. That dear + P. & + D. In C. all got up to see the boat off. I slept fairly well in spite of the noise. Bloggers is quiet today though 21 still here up 6.15 & sparged Mr C. while Betty and me. Both much better thank Heaven. At meal an a thing between + P. & Charles a high house. Bury morning in sleep seeing Machine. F. Capell seeing some of the Norman the business side. Bob H is quiet, but quiet for his good. Bury H has fever. Mr Eckhoff arrived. After lunch washed head & clothes, had a rest apart by flies. Both L. I found she moved up into Samson's Temple. Cate's departure. Very hot sunny day, lovely sea. Perfect moonlight night. F. C. I advised it together. He reminded me tonight. I asked him to call re. Blanche. Spent evening talking to him, + D. & evening. Bed 10 P.M. The DCA plan didn't come.</p>		<p>A slacker day but kept going up 6.30. saw Stanley & found he whooped & vomited in the night. Helped Betty a bit & a nurse helped. At breakfast saw 10. Finally arranged that St. L. shd go to Sam at 1 & Eckhoff Frank W. in charge. Saw Mr & Marcine got a film & letter out on St. L. Had hoped I might go to College but C. went. P.M. & in's rest then to see + P. He is still too high to concentrate for long. He said + D told him about Marie's talk of suicide, & Elsie told + P. This confidence is giving the rounds too much. + P said he not want to M. advising her to see Fr. C. at Eas. Got a letter written up & down to Hospital. young Bill 106. Both washing, dinner, E'sung. to her for supper. Fr C. returned looking like a tramp. said he was going to Camplie. I went to a 5. ministerial part of devotion but entirely beautiful & prayerful. Before E'sung watched the moon on the sea, knew the wondrous peace that usually is in my presence.</p>

JANUARY, 1956

DOGVABA

Time	SUNDAY—January 29th	Time	MEMORANDA
30.1.56	<p>A day of relaxation on the whole. The hottest, most wearying day we have had. Blowing from S.W. & helped Betty get the white pt ready for Mass. To 6 o'clock Mass, Fr. Capel celebrating. Helping, seeing pt till 6 past. Wrote letters & talked to Mr. Aley till lunch, & I still in fatigues. He & D. driving to send us on the H.G. to meet RK & get her to turn round for the rest of the trip. Talked to me of sending John C. to Samarai after that. Had a rest, tried to sew but too hot & unwilling to concentrate so read a novel. Bob & Betty went to college & I did Mrs. Lane, in a very grudging mood I fear. Betty does walk out of her responsibilities & fear. She told me she planned to go. I suppose considered that = to a request for me to do her job. Went up about 11 after dinner. E. sang sermon from Fr. Capel, talked to Lemie. Then to John. Decided to discharge him today. After dinner did some sewing but the rain played</p>		<p>up. Found that missed some music inc. César Franck's Symphonic Variations on John's grammar. Heard a glorious Brahms Barcarole. It was heavenly. The talkative ones snored off. Fr. Charles, Fr. Norman, Betty H. + D. I stayed on. Fr. C. I gather is passionately fond of music. I should say that he is of a passionate & possibly a hot-tempered nature & has had to do a lot of sublimating. The way he loved the moonlight the other night shows it too. I went & said my prayers watching the moon over the sea & could think up the beauty of sound & sight with worship of God.</p>

"Vi-Lactogen" is indicated for feeding of premature babies.

"Vi-Lactogen" is indicated for feeding of premature babies.

JANUARY, 1956

Time

MONDAY—January 30th

Obs. as Australia Day

31.1.56

Time

TUESDAY—January 31st

Called at 5 to Marcella. An nail
but it slow just going to fresh to
when she produced a large ♀
POP. scarcely a museum piece. A
magnificent foster I feel so
happy over that babe. Ann's fond
of Georg. Bishop, Hospital got a few.
Helped get Mrs Lane downstairs
as Betty didn't want to bother.
A hot day. Went into a new dress
before lunch. Had a rest, to Boletha
for after tea. Sister & Miss & Betty
in their home. John discharged
K.M. has not rested since the
naughty day. Spent most of the
evening listening to records
including the Essex Family
Variations. Bevan appeared &
sent a note to Oliver. Went to
Campfire No. said my prayers
on the point. Flashed on my
book, found it answered by a
to bright on in Wednes, a no.
of books. Quite funny but refused
it to John. For the first time
in my life I dreamt of the
of the to fast table. 2 bachelors
Bishops! Worshipping a lot
about the Kings that working
for you stand if I am to take
action

up to Maas. I did job bet to fast.
Betty had the news also. Mon.
I didn't expect too much sympathy
on Betty, asked if she wanted in
to do Mrs Lane. she said she
could, so I let her. I got the pain
a news myself, but didn't feel
ill. Got in Hospital 11 morning
tea, then did my dress & got on
pretty well. Had a note from
Oliver asking me to go down
today, so got down at 11 to 4.
He was most anxious to talk about
his future, worrying if he should
reassign now. Got down at 5, as John
was to be installed as Canon at
12.30, so we bundled up to Cath.
then back again. Much intimate
talk about lot of things & also
friendly salutes. Bevan there
for dinner. relations happy.
Cl. had a reliving attack at 9.30
poor dear, but got over it, had
supper, & insisted on bringing
me home. I did suggest he ought
to stay in the Doc's as long as the
Bishop does, also that he should
not drink up. He said F.C. gave
the same advice. Got back 11.30
in the moonlight, said Goodbye
but was told not to say that
but Ann Bevan.

"Vi-Lactogen" is particularly suitable for supplementary feeding.

DOGURA

FEBRUARY, 1956

MUKAWA-WANIGELA.

Time	WEDNESDAY—February 1st	Time	THURSDAY—February 2nd
	3:25	3:25	
	<p>To English Mass, spent the morning in Hospital & sewing. Thought I would get my dress done, but didn't quite. P.M. rest & bath, aft. tea. St. L. came quite late in a squall, about 4. Letter from Bill who had a lovely holiday. Also Pat had word about Lepturus in Melbourne who seems to be settling in well. Word from Samaran about Lydia & Co. who were treated as T.B. though films N.A.D. — as they say. I don't believe it. Hand made made, remade, about departed packed, stopped, & started again. Luggage went down after dinner. I said good-bye to patient saw + P who will try to get the Mainbain family to Errol. Still no talk about the Kemps. Luffens wrote a farewell letter to O. who had sent me a dear letter in the morning, heard music, banjo. I tried to sleep on lower floor for an hour. Met on board St. George at 11.30 Mrs. K. came M.D.</p>		<p>Got away at 10.1, quite a good trip. I slept on the deck for about 4 hours. Mukawa at 5.10 woke them up, had Mass, a lovely one for Painsfraters. I had. Saw some ph. including Florence. Had no stethoscope. Got away at 9. Perfectly frightful trip! The boat overhauled. Charles sat up amidships but was soon sick. I got him lying on the deck. In the waves started sloshing in so I hurled him off the engine room roof. Got him up there & ministered to him in a bucket. Dr. Capell horribly sick too but curiously enough I wasn't. Poor Charles was in a bad way, & I felt it an honour to care for him. He calmed off P.M. but few had lunch. W'gela 4.45. I'm a thinking head. A man Ernest had blown off half his hand in a machine gun battle. Got an I.V. into him, but his condition was. He died at about 7. Glad he didn't die under a cross. He must have lost pink. He had a babe $\frac{3}{52}$ old too. Got to Charles to bed in between whiles. Dinner</p>

"Lactogen" is easily digested by the aged.

20

at 9. bed after 10, all horribly tired. M.K. not here of course!

Time

FRIDAY—February 3rd

Time

SATURDAY—February 4th

Late b'fast, slept till after 7. Spent morning in Dispensary seeing a no. of pb. including a babe Noah wt. 7 lb. age $\frac{11}{12}$. Seemed alright. Late for morning tea. Had such a head I asked for new tea, & 9 fear coffee not have been much easier for Viv. Wrote letters, but Mr Capell had my typewriter. He translated prayers into Ntini Marini. Another local language. I typed them up. I read, slept after lunch, then wrote letters, cuppa, bath, a nuddle over bath so kept on writing. 1 PM. arrived 5 PM. + D went down to arrange things. Tom W. went to K. Smith's & didn't come home. At 8 PM. Fr. Arthur anxious & thought he might be lost in the swamp. Brought him back at 11. Tom in the bad books. He had just stayed + talked. So + D got dinner at 10. + W'gela Tom. I had supper at 11. Helen. I spent evening in Disp. & missed some music. We had cuppa + banquets under the house. Fr. Charles still knocked, & was 1/2 h. N.B. I spoke to him about Nave. He told the Bishop so I misjudged. Use.

called at 6 to baby Noah in ecthes. Don't know what happened but parents found him dying at 6. Father commended him then he called & lived on here. I missed Mass. Fr. Charles celebrating. I knew it was right. I was going. He was celebrating, not for 1st b'fast, packing, to beach. Viv. + D came to b'fast to meet my husband coming by air but it didn't come before he left. Very lovely scene. 5 PM. M.K. leaving at 1 PM. I saw him. Lots of canoes seeing them off. A good trip, left at 10. George + worried about reef. Marine food ship. went ashore. Twp 2:30. saw everyone. The year was not as lovely as I hoped. Read some good kindergartens notes while travelling. Before at 4, good welcome. Buryal house & the young men too helpful. Sunday: Dorcas got dinner & in well too. I made scones tonight. Bed at 9. Just brushed Lesley's watch, blow it. Curious seen tonight - + D having a talk: Ogarababada, & Fr. Capell helping Fr. K. reading Shakespeare. The rest of us odds + ends. I can't

SEFOA.

FEBRUARY, 1956

Time	SUNDAY—February 5th	Time	MEMORANDA
	<p> slept on till nearly 7. Church late starting so had time to eat breakfast & have a cuppa. Overcast day. Church full & D celebrated in English. Fr Capell assisting. Good service, devoted in spite of awful singing. B' fast late, then got on to lunch. Seemed to be bound to the kitchen. M.S. boys swept the house & helped. Mr McGarry came & talked shop. Gaining tomorrow to see into more wharf ing cargo. Fr Charles & the boys washed up. I put away. Short rest, wrote to Sylvester, after tea, then a glorious walk. Fr Charles thanks for the Navy didn't come, as they had planned. Talked of spiritual healing wh. is not as complicated as I thought. of vocation & love for God. He told me how his love for God began to grow. I will try the same. He thinks he may come back again & is sure Koki is the place for them. He stopped in between to make his vows for the Papuans. Back after seeing the glorious view, bath. E' sang at 6. Betty had seen to dinner dinner late, writing letters, bed 9.30. </p>		

"Lactogen" contains added Vitamins A and D.

Time	MONDAY—February 6th	Time	TUESDAY—February 7th
	7.2.56		
	up 8.30, packed, got to fast. every one helped. Left the house soon after 7 in the rain & we were things got soaked. Mr Larrup on board. We settled in the cabin. I wrote 3 letters then it got rough. Had morning tea but after lay down & read & was sick. Dept & read on one book:— Betty, Tom, & Charles & the other. He wasn't sick but was miserable. He said + D he wouldn't go to N.B. + D talked about Philip, Robin, & son, starting an Aid Post in Korakora. Mr W. G. thinks it unnecessary + so do I. One day 4.30. jeep & truck there as they were expecting the Melanesians. I sat beside to Charles in the jeep. Mission at 5, all well & Hospital, O.K. Luffa, bath & a dinner. Showed + D + Charles to the Hosp. while Dr Capel did Manu- galasi & Meeta. Langhorne is talk then odds & ends of letter-writing. since 11. I read one or two letters my watch not here. Bed 11N.		sleep broken, a lot of rain in the house, & dreaming up at 6, he was a series of great help & inspiration. To Jan & to Pengan straight after to fast. The party got off later. I hated to see the end of this wonderful few days. Got an inspa- dency but not thoroughly, aspirated a bit & saw L. Randolph Deady. Fred as if all the accumulations of the last few days had added up. After lunch slept heavily. At 3. Have been napping & trying ever since. Lot more to do. Pagan took a letter as a nurse & leaves tomorrow. Some sick ones in Hospital. Tonight two B men came up for dressings. Name much better & quite bright in conversation & active. Thank God. Opening x was perfect. Pagan doing moves. Saban wants to marry Loris. To Charles made an opportunity to speak to Name but didn't get far. He likes the character of the new that he would be loved & her anyway.

ERORO.

FEBRUARY, 1956

Time	WEDNESDAY—February 8th	Time	THURSDAY—February 9th
up 6-30	<p>6-30 B'fast late. L Randolph celebrated Year 9 did inspection at one while Betty did bake. U. did O.P. Jawoko. Minis ran away. Gini. Lancelot went after them on the bike, found them in Nanan & all the people disapproving. He saved the baby back, riding the bike & left the parents behind in the village. Jawoko came back tonight. Big A/N bling & Koa is one. Very good. after morning tea saw ph. distal. Buy unpacking drugs. Had a long sleep after lunch, adm. 2 ph from Gona, little sleep. A long trying argument with Gran about Ksh management ph. got worse, more involved. began taking gloves from the ship & ended in the Haining of nurses. Wer to talk it out tonight but she too tired. something else has happened to upset her, don't know what. Did slides tonight so bit of tidying up. Nana did housekeeping for Charles at Gona.</p>	10.2.56.	<p>up to Mass. English & Cople celebrating. A conscious of Christ's presence. My house-keeping day. B'fast late. in speech not done till morning tea after that adm thing ph & sailing drugs from & was as. Good sleep. Lecture at 2-30. after a miffa did war dist. work. Talked to Jean Lendel we will pray about further policy. 5.1. on Tuesday at Mass before talking it over. 4's song, birth, sherry. Vesta at night read up hernia, & at 9.1. Michaela came to say M.K. in & sailing at 4. Got off some letters in a hurry in one to O. Liven. Gona ph came on the boat making 3 in 2 days. Then Jean. I sent out thing for ph. She's back.</p>

FEBRUARY, 1956

Time	FRIDAY—February 10th	Time	SATURDAY—February 11th
	<p>up 6:30. Wakened 6:30 re Betty James & bad stools. Admin. last night's pt. before 6 fast. Jean & Betty getting for her. Name did prep. Name assisted Betty fast. Jean amased. For some reason the kid's pulse was 140 before we began. During of his rest were not good. Pulse 9 170 after but condition good. Started 9 & finished 11:15. Men sharp for most jobs & we done. But as for a 4 can 22 2 sacs, 2 berries. Got it clean in the end. Gave him rectal drip. Good to have white. Sister assisting. Name & Vernon. The 1 reeces. Mr. Plummer for morning tea. Lunch. Name had them from 8:20 & it good about it. She did lunch for Betty. After supper saw a few pts & did drugs. P.M. short sleep. Lecture, septed drugs. Rained & rained & saw Name looking after the perina kid. She got soaked. Tonight have written 2 letters & bet before 9. Am & Fred, & so are the others. Bob is cheerful these days. Swam up & infected ankle.</p>		<p>I feel that it was a day of accomplishment. Name did 6 fast. gave Jean pens in bed. Jean did other meals. Like a busy keep day. Name Betty. I going steadily. B. I did inspection. Little Jack better but refusing everything but water. Edlin sent asking Maragula's baby in. Goto letter from Lil. did cards & office work from morning tea till bed. Time, as well as usual chores. Betty on duty after. Name evening, Betty tried after & reasonable day.</p>

ERORO.

FEBRUARY, 1956

Time	SUNDAY—February 12th	Time	MEMORANDA
	<p> Day off. Slept all night up for Wags. In Copeland celebrating 7th birthday. Great rig, simply, dramatically in lot of repetition. Got the kids' attention. Out at 9. Works truck came up. Barge goes tomorrow. Breakfast and saw photo to N/L. Finished it at 5:15. Have only written to Win & local letters since. Washed my head. Clear sunny night. Heard Frank Goodrich on Plain Christianity. I sang hymns, tried on new frock. After dinner saw photo going on barge & wrote letters, also out to F. Charles. Jackson offered as med. bag today. Told me wd. think about it for 12. </p>		

FEBRUARY, 1956

Time

MONDAY—February 13th

14.236

Nancy's housekeeping I did inspection, put away some samples, had a lecture. Did a flasker P.M. more samples. Letter at night, I finished at 10.30 pretty tired. Read in bed before bed.

Time

TUESDAY—February 14th

Regatta Day, Hobart

Slept badly. Tremendous clab of thunder at 2 AM. To be feeling a bit tired & felt fine in Church. I was to be St. for our future Hospital policy but I did a skin graft nothing I was frightened late I did to fast. Betty offered to take over as she goes to Penguin tomorrow. Nancy did the graft I did a quite inspection. I then felt so rotten I came to the house. Probably an infection from that ball water. Out to the migration. T101. Ashing & indicated. I can come back today from walkabout.

ERORO.

FEBRUARY, 1956

Time	WEDNESDAY—February 15th 1956 WEDNESDAY	Time	THURSDAY—February 16th
	<p>Slept long, woke in my ache & pains again. T. went all day. Felt lousy. I had to have to do nothing. Read most of the day & some singing. They say the records & pictures in the church are not covered praise be. The banners are out. Not eating much. Talked to Zuban about his holiday & his proposed marriage.</p>		<p>There seems no reason why I shouldn't be well, but I can find no energy. Just as when I had T.B. content to do the easy thing & let other take the risk. Have had no sleep today - from restless after lunch & talking a fair bit. Still off my oak. I putting on Luzon food. I read Gournau most of the morning & went through old mail during the afternoon. A spot of sewing & talking to Nani though we were silent more than we talked as of old. Yet. Elda came to Kani a story of Bruno being away at night & she reported it to me before reporting it to me - to much for me. Talked to Logana! And her talk about beam work, I saw them & can't get much out of it. I have been a perfect angel, waiting for something to happen, after a lot of prayer today - trying to learn humility.</p>

E.A.R.O.

FEBRUARY, 1956

Time	FRIDAY—February 17th	Time	SATURDAY—February 18th
	<p>Slept poorly again. Feeling much better, & eating better. Have ceased my bloodmixture. It leaves a sweetish taste in the mouth & a dislike of sweet food. Have written some letters, sorted a few, read a few journals. At 11:15 Theresa of Beams came in with a baby of about 6 7/12 & a red and pl. I was called in just before lunch. P. rother & 7:16. Gave her 10 & did a manual removal. I find I am more critical & impatient. Anyway her pulse is now 108 & she is much better. meant to go on duty tomorrow but Fran talked me out of it. Am getting odd jobs done here anyway. The hernia wound is messy, they tell me alas! No St. James yet & another boat came in - no news of her. Betty came back from Mangin & a lot of food. Thanks to, otherwise we would be in queer street. Rodney Gill has been in the village again, blow him.</p>		<p>Woke feeling well, enjoyed my breakfast, but by the time I bathed & made my bed felt a bit squiffy. Very day & a lot of intermission. Only wrote 4 letters & read & sorted a lot of family ones. Mavis's say off, she sewed a lot. A silent companionable soul. Betty also used the machine & chattered a lot. Mail came - one from Mother & one from dear Ted Charles. He goes to Moresby on Tuesday. Feels much better. A quaint one from Dr. Mervin. Nestor bargains to thank for the week-end. In I am about building the new Mission House on Monday on the site of the store! I offer thanks for my own house in this position. Betty & Bob going to build their own.</p>

ERORO.

FEBRUARY, 1956

Time	SUNDAY—February 19th	Time	MEMORANDA
	<p>A lazy day, I am quite willing to be lazy. Nance brought in a cup at 7, to Church after the Creed & slipped away after receiving. A dull, cool but muggy day & a beautiful sunset. Spent the day on my couch writing letters most of the day, & sorted out the list of the H. W., which is awfully long. Max had the day off, Fred & I think a bit disappointed. I had on her glasses wh. she left on the floor by my couch & broke on lens. Was so cross & both of us had my meals here, partly because Nance sent them. Still not hungry, being given Lactogen. The Betty Ann came but Mrs. Wynn's wife didn't come, & in fact. M. L. on Tuesday. M. broke down again tonight with tears & I feel what it means. I think I will ask the Bishop to send another nurse to Yona.</p>		

FEBRUARY, 1956

Time	MONDAY—February 20th	Time	TUESDAY—February 21st
	<p>Back on duty & pretty tired & slow. Up in time for breakfast. Long slow inspection & lot of talk & argument. Patients mostly slept at the Bay & returned in this A.M. Charlie's eye bad again. After morning tea fiddled & unpacking & was bored & wrote to Pat D. Had a good sleep after lunch, then sent Druggs the rest of the time, & finished it as far as the unpacking was gone. Betty not so efficient & causing a hell of a mess. Near the docan't take to correction either. Name has been well. Tonight have written local letters. Have a pile lot of letters over for packing but stacks were to do. Still off my oak. Haven't lost any weight worth mentioning! Took warpage crazy again tonight, alas!</p>		<p>Still feeling a bit & lifeless & have a bit of a cold. Perhaps still on my lip. Up to Mess. Did inspection & didn't feel up to a lecture till 2.30. Went to Helen & lay till morning tea, then did cards till after lunch, worked in office in afternoon. Lala let quiet all day, violent tonight. She was called, gave her bath. Hypocrite Mesta for the 2nd time belabored over her dressing through a misunderstanding this time. Joan is upset about it. I feel as if I can't be bothered & all these tensions over trifles. Betty Ann went. I hope took Helen's vaccine. St. not here yet, but a message from D. Shall be well come tomorrow. Betty went to Beaune today & the other found bad milk given out, & had quite a go at the kids' food. I don't know how it will all turn out.</p>

E R O R O.

FEBRUARY, 1956

Time	WEDNESDAY—February 22nd	Time	THURSDAY—February 23rd
	<p>Did A/N inspection from in a mood but I quipped it & she cheered up. I didn't know if she put things right: neck or not. Sent things.</p> <p>P.M. was having a lecture when Fr. sent word he was going to meet St. L. I went for.</p> <p>Stanley well, Ralph still rangy: I am infected foot, so brought him up here. Only 4 bags pearl wheat, no more food in Panaman. Saw that & heard that des adv. are at top. The plane came to land: took Mr. Amewart out. No transmission came. Letter from Pat & Lealey. Jean & I went through pt & showed a lot home. I spent rest of after & evening organizing it & writing letters. Red 11:15. Mr. Elliot sent me a lovely Chinese supper cloth & serviette.</p>		<p>Dear Nance has gone. I pray all will go well up to Mass. 51 for Nance. Prep got away to 8. Inspection. Looking out for official party but didn't come. Jean did housekeeping for me. I do tomorrow. No lectures: we expected the visitors. I had to tie a catheter in Augustus, an awful performance: he wouldn't tolerate it. P.M. unpacked a couple of boxes, some lovely things. Have done a little office work. Tonight did music & got ready for enumeration of my benefactors & visitors. Writing Ann & Fred tonight.</p>

FEBRUARY, 1956

Time	FRIDAY—February 24th	Time	SATURDAY—February 25th
25-2-56.	<p>Ruth forgot St. Matthias & didn't go to church. Had night married dream & woke hot up. My housekeeping quest v. after I had did little Evan's eye. It came out quite nicely but a bit difficult & the wrecked machine we spent so much labour fixing only wasted previous fruit at the sp. was useless. Found Joan & Betty had got moving for ready for the Ass. Adm. & even something more was feared. It was a nice & good that it was done, but — They came at 11 — Mr. Wilson, Bensted, Mr. Fielding & had a cuppa. Mrs. B. and her and through nice on Monday for TBs. Only phoned & odd job after that a PM, organized dinner for the 2 soldier boys. Pleasant men but not enough to make me interested. — Bruce Spence & a quiet one. They came at 6. I fixed Monte's letters after dinner, not much done. Talked to Neeth. Joan did round, gave them supper, nobly. Betty in bed for dinner at home. I ran to the cinema in for food but her or Diphtheria. Food night-out - all day people to help</p>	<p>Was ready to go on duty if Betty stops in bed. but she did her job, for credit. Rather a martyr over it though. Joan went in just to do eye at N. B. on St. 2. N.B. & med. bay making soup, so few on duty. I did O.P. till last then reflection. Office work after that. Letters from Lil & Win. Mother had a fall, shaved her leg. They say her condition is good, but she has to be helped on a bed pan or. Oh, Ellen & Win were at home when it happened, packing up the piano to go South. Lila Marjorie has been a trouble. I got fearfully bored & life here a real pain work. Maybe because I am still so tired, but I didn't realize how bored I was before until I woke up to joy & interest at Conference. A letter from P & D suggesting that I go to N.B. on St. 2 on April 10th. Would like to but it probably clashes with Nurse's Conference.</p>	

Sufficient organic iron now added to "Lactogen" and "Vi-Lactogen."

33

Sufficient organic iron now added to "Lactogen" and "Vi-Lactogen."

ERORO

FEBRUARY, 1956

Time	SUNDAY—February 26th	Time	MEMORANDA
	<p>Thank heaven today is over. I do not like visits that take up hours of one's time. Church was to be at 7:30 on Sunday so we all had an extra 1/2 hr in bed. Said service, few hymns, short sermon & we were out as early as usual.</p> <p>Betty did housekeeping after all. Got to Church though we thought she wouldn't. Had odd job unpacked some lovely linen from Mrs. Ecklin.</p> <p>Washed head & changed hair all in morning. Kept up & wrote home, & that is all. Wanda arrived at 4, & are staying the night; the Bay people at 6:15. Everyone is pleased & dinner is nice. The ham delicious. Mest was quite upset & angry when told of the surprise party, as she had asked for no celebration but as Wanda goes out on Tues it was appropriate to have it. Big rain. They went 10:30. Glad to get to bed.</p>		<p>27.2.56.</p> <p>Well, it has come. The Wanda people left at 6, & at 1:10. Mr. Wanda sent in a radio for me to hear on ham broadcast. Mother's hip is broken & she is to have a pin inserted. I fear it is all too much & want to go home. I think I should put an alarm on the family. I wonder when she is & I shall a 2 ton? Tonight have spent writing letters mostly in connection with it. It is late, a fall of nursing behind. Taking through my radio. Betty Bob. Mest went to 2 vehicles, got an TB foot pain. Had a lot of trouble.</p> <p>I had a pleasant day together doing inspection. Got in a lecture. PM unpacked another box & a phone in it.</p>

FEBRUARY, 1956

Time

MONDAY—February 27th

Time

TUESDAY—February 28th

29.2.56

A dreadful day. up to 12:00, caught snow just before, gave the letters: got receiver. Said good bye to Wally & Clare. No news from home or family but got news of M.K. due Jan 1st. Odd job, lecture. P.M. more odd job. Keep going all the time & little to show. Jan. I undid boxes, & got to find things. after dinner just settled to letters & Bruns reported Judith unconscious & spitting blood. It was Frank W. Lussier's birthday & the party happened as the party was beginning. I got to hospital as she died - I shocked, awful sobbing, rears, almost pulseless, & blood-stained fluid coming every breath. We gave her Ceramone Antipain &c. & I wanted her, & she died at 9 P.M. byrd quite shocked, grief. I told a P.M. but the blood was too high to cut the great vessels - lungs congested, nothing else. The waiting was awful. Sea rough so carrier walked the body to Gova leaving 11.30 P.M. Rest M.N.

EROR.

FEBRUARY-MARCH, 1956

Time	WEDNESDAY—February 29th	Time	THURSDAY—March 1st
		4:35-56	
	<p>Had no news from home. St. Chad put back to today. Up by 7:00. Mass, to quilt & shirt. Jean & I all night. Staff played out. I have keeping. Only got mch. & things done & that a lecture. Mrs. Green in watching St. Chad's sports & for lunch. I picked up a radio for her. Looked for a child to take it. Found to my surprise that she was here. P. 4 odd job. I got a few letters done for YK. Tonight have done 3 Koers reports & nothing else. Bed at P.M. feeling a bit knocked up. I opened a tin of tomato soup & a tin of shawberrers & cream for dinner and a sort of fare-well to Vesta.</p>		<p>To Mass. Requiem for Judith. Got a radio at 8 to say words having operation Friday - sent by St. Peter's. Got inspection done. Last lecture in the senior class. P. 4 I forgot what I think doing reports & reports & night. It pretty late. Reford showed bringing very nice letters of sympathy from Mrs. Green. I was shocked over Judith's death & forgot. Mr. Barnett picked up to see the English land. sent Andrew in the jeep for m. rd. & tramped the possible boundaries together. 9/1 is flanked by the duty. The ch. just the clean Emboss. but to say it does not matter as we can put in sedimentation tank.</p>

MARCH, 1956

Time	FRIDAY—March 2nd	Time	SATURDAY—March 3rd
	4:30		
	To Mass St. for Mother. Mrs. Kelly came. Felt deeply sincerely tried all day, & anxious to get up. Had day off from work & started to do reports. Found an old Ambair order just in time to get it done for M.K. Order & office work till 3:30. Boat bell he got on to boat correspondence. First much food at nearly 6 John Andersen came. Mrs. Lane on board but didn't come ashore. Gerald & family didn't come, Lydia refused. Poor Bishop. Christopher came for check up. Genevieve, the little girl. After dinner Gave them his ticket for his holiday, & in to correspondence. Ray returned from Gov. & the last 2 brought nice letters, but one from home asking for more. Got George K. to pack it. Was so tired I felt like crying over it. Wrote letters till M.N.		Called at 12 to little Nellie who died quietly. Really sad business. The parents are good. To bed at 1/4 to 3, immediately called to Mother. I.L. Very sleepy pains. Bed 1/4 to 4, & John got there 4:30. up 5:30 to get to fast. Vesta helped. Bless her. She got off to M.K. at 6:30. John to ship 7:30. Did not feel to work office work, too sleepy to settle to anything much. Radio 11:15 saw saying Mother operating a success. Thank God. I think Fred goes over this coming week. Gap back from ship— no plans, no mail. Mrs. Price with them, staying the night. all Wamot in P.M., washed them further. Mother promised a quilt at 12, light pain, & sleeping shuddered all the afternoon, sleeping being better, getting dinner. John looked weary home, said he had been told it was falling down. After dinner wrote to Mother & Fr. Hawkey, bed by 9 & read a while.

MARCH, 1956

Time	MONDAY—March 5th Labour Day, Tasmania and W.A.	Time	TUESDAY—March 6th
6.35b	<p>John got out today, just caught the plane by the tail. He took my letter & got mail in at 11.30, the first I'd written since before last. Terrible news for her. Mother lost her money, & at times didn't know it. The dear soul wrote a barely legible note to me - said she couldn't remember where she lived but knew I was in N.G. During hoop-up wondered if I should go home after all, but decided to wait for further news. In put up the aerial wash, less him - very badly, but at least they are up.</p> <p>Ordinary day, inspection saw several TB ph's got 2nd drug checked. Too tired to work after dinner but checked a few things. Cuffed & to bed at 10 in spite of resolving to get there earlier. Jean & Fred for. My knee was far more wearying than usual.</p>	<p>My housekeeping day. I got the mail & got set broadcast much better - new aerial. Tried to fix transmitter & realized I didn't send the microphone. Works sent theirs as they wanted to send a message. Bob had to adapt it, which he did & ungraciously. Don't know if it became we got the aerial washed. I failed to do it. Tummy bad. I did quite inspection, then the paraphrase. Bruce unpacked some drugs. Saw the Grammar family & little Lavinia was terrified of my shoes. P.M. slept till nearly 3, did a washy submer.</p> <p>Couldn't get term at after school odd job thing. Late after dinner I got little done tonight. What it today, I'd written another in today night telling of the of Mother about it well, she was much relieved. P.M. has been a terrible strain for her. Alf must have his new car, that's bad & I'm in for Friday & feel more reassured now.</p>	

ERCRo.

MARCH, 1956

Time	WEDNESDAY—March 7th	Time	THURSDAY—March 8th
	<p>Didn't sleep so well. But am feeling better. A day of bit & piece, little accomplishment. Odd job before & past. Inspection AM. admin. several new job.</p> <p>Repacked unpacking drugs I saw a couple of TBs. Was in the radio nearly an hour & got 4 of the 5 radios out. Static in San Juan awful. 7 PM slept till 2 to 3 checked drug. Asina's mother wanted to talk, the child away, a long session in PM. Then in Asina.</p> <p>Tonight have written to the Bishop, & little more. G.K. got the Tax Dept. box opened last, 5 breaking the lock. That is 1/2 unpacked. Rain tonight. Francis to. Seas still bad - Zeni walked back from holiday. First day free from bad anxiety.</p>		<p>Every day I get so much less done than I planned. And by 8 PM I have no energy left - maybe the March humidity is partly to blame. Ref to Mass. Inspection & we got all the Govt. drugs shipped, packed away. Haven't checked invoices yet. Mr TBs examined PM. Slept till 4 to 3. Francis did order. Did a bit of writing before 8 PM. No PM. yet. They called us in the radio this AM. I got the Health radio out. Tonight have written to Z. Lato but the letter incomplete. Called to Hosp. nineteen times since 8 AM. Betty off colon AM in early PM. 10. Now in bed at 30. Mr. Amewath came for treatment - said Waks are putting up the 2 vehicles here for Henderson & we could get them cheaply.</p>

MARCH, 1956

Time	FRIDAY—March 9th	Time	SATURDAY—March 10th
	My housekeeping day. Took day off from Hospital job, meant to do office work. However spent nearly all the morning on mail for F. & Laws. Rush job for M.K. on the radio. P.M. saw some TBs. No boat bell. Just pretty dinner when boat bell went. The 2 men got away at 7 & arrived back at 4:30 in pouring rain. Mesta (not Harry Baker) & stacks of patients. Everyone soaked. In meantime I got a letter off to Lil & Mother. Admin pb saw to Mesta's dinner &c. Bed at 11. Mesta had awful trip but she enjoyed it. M.K. could not land at Ambasin so Fr John & Name had to go to Maranan pro.		Day off - courtesy little only. Smart flew out - sorry I did not see him to say good-bye, after his part odd job. Mesta came early. Mother physically doing & well mentally not - may be red shoes. Admin. had new pb. june saw for M.K. saw local BPH sent PAS & prompt. At 11:15 did sched. 3 radios and then did dressmaking hel. dinner. Mesta went to church in the afternoon & I think must have talked about TBH land being in W'soh land, & Mrs. S. magnified it into taking the land the correct price & told Mrs. Wiggins what gashag people are! After dinner spent whole evening hel. 10:45 dictating over M.K. mail &c. Bed 11. To & from went to Langan.

MARCH, 1956

SUNDAY—March 11th

Time

MEMORANDA

Am feeling more rested
after my day off. On duty
but just plugged my up
for parcels at 711 Newton. The
post got away before 9:30
Leaving to say good-bye. I don't
think the breach I gave
was quite healed. I hope the
I gave. Saw Jackson's folks
about his med. work, and
TBS & finished them at
6 P.M. Good rest P.M. To-
night writing letters have
checked Dr. Luntin if Dr.
Pennington can come here.
We 4 are far more
useful than we have
ever been in the work.

MARCH, 1956

Time	MONDAY—March 12th	Time	TUESDAY—March 13th
	<p>Betty off color again - vomiting at 1:30 AM & more worried than usual. No breakfast but no duty left at 11. I housekeeping. Have been in an impatient mood today, don't know why. I suspect it's all a bit, discharged Gypies! Mother's wanted ad nauseam before because they weren't dead. Took Got Mother's birthday radio and another, saw ph. typed Gypies Darling, PM did PV in Albat who has a far advanced C of C for thing. Fixed Gypies' treatment. Made a pudding. Night writing letters for Gypies & one for K H Melh. Hope the blighter answers it. All I bid. Jan & I gave each other a Vitamin B₁₂ injection.</p>		<p>Mother's 93rd birthday. Gave. Slept & didn't wake till the Angelus went. Meant to have most of the day in the office but had a little time there. Betty went to lunch & brought back a load of patients. Shaved Bruce back to type & X-type Gypies. Darling's people. Mrs. Anderson came. The man (Pop only) at 11, & stayed for a cuppa. The Chingampa arrived 9:30 & went at 11, so Lorna came up at 6:15 & brought Muriel's mail. An fan let saying Mother had a thrombus in her thigh & was not as well esp. mentally. Am watching for guidance as to whether to go home. Office work in the evening. Mrs. Muriel came up & shot heart & Jasper. I washed out the car off her family.</p>

"Vi-Lactogen" is indicated for feeding of premature babies.

ERO Ro.

MARCH, 1956

Time	WEDNESDAY—March 14th	Time	THURSDAY—March 15th
	<p>up to Mass. Got A-N Clinic over on to Jager Baylung's Division. I could have left when she got a sugar. I had to abandon it. Admin. a number of ph. & busy till lunch time. Since lunch have worked in my office till 10 P.M. Very tired & still off my oak. Betty seems better. Radio went bring this after.</p>		<p>Am just tonight. Read late & then had a bit of a disturbed night: people going to & from my house keep it day. but it went well. Did not go to Mass but said people in my house. Inspection long - a lot of admissions this week - Bob fixed the radio, fragil to. Samara too faint to hear though I heard that there is a long message for us. Was this P.M. Got Mamba mail written before lunch. P.M. typed reports. Am within sight of the end. Bay worked well too. Tonight I looked up hernia & did ink. Malachi came in: what looked like a strangulated hernia but reduced it & feel quite pleased. As am doing 2 hernias tomorrow. Mr. most willing for the op. Bed 9 P.M.</p>

"Vi-Lactogen" is particularly suitable for supplementary feeding.

MARCH, 1956

Time	Time
FRIDAY—March 16th	SATURDAY—March 17th
<p>am very tired, so am well but the hernias went off pretty well for me, 2 hours apiece. Went to Mass (in Wednesday) in Mass. pl. 2. Late lunch. Left 3-30. Got to radio. Since then have done office work. I got my spunk up to date for the first time since October. I got my receipts off. Then wrote to Lil & Mother. Bishop radioed that the Cecilia is due in race on the 29th. Lorna got up here at 6:15 on 6:30 & goes at 6:30 in A.M. A beautiful dear little chap.</p>	<p>18.3.56 all 3 of us on duty. B' feet in later & muddy. Mrs. Wynne in for it. Got the radio. B.A. delayed till Monday. Did a round. Frank Raymond found in bed: Julia. Then told me we were heading for a silly argument & I changed the subject wh. annoyed her. Saw F.R. & J. after round & decided to go right & told her so. She had such a triumphant grin on her face. A jolly. all well later. I spent most of the day in the office. At night only got one letter done & folded a bit. Day hired - to bed. Read till 10. 30. Lil's letter - she told her that Mother will never walk again. She is better. Must get leave. On phone back in "berg" a temp. for lat and Mrs B a week. Ray went to bed to return the phone</p>

"Lactogen" is easily digested by the aged.

EROR.

MARCH, 1956

Time	SUNDAY—March 18th	Time	MEMORANDA
	<p>called at 3:30. Malachi the dead! I don't know why just gasped a few breaths, died before John could call us. The hermies going quite well till then. The people were too shocked to make much fun. It is enough to make one weep. I dread the re- percussions. Back to bed at 4, to sleep at 5. Rab in my house again. up 6:30 dearly bred. partly depen- ent. I think. Dazed in church not was indelible. The others went for their picnic at 10:45. I couldn't settle till they went. They had a real feed. Got several letters written in. one to Bob, one to Mrs. B. Fell better but bred again tonight. Jack → 11:30. I get so impatient too. Robin L. bitten by something just at dinner time & a wordless quarrel. I am in an Ahab all as silly.</p>		

"Vi-Lactogen" babies are not troubled with constipation.

MARCH, 1956

Time	MONDAY—March 19th	Time	TUESDAY—March 20th
	<p>I've got beastly flatulences! flatulences. You feel nauseated today. Betty had her pains & frequent stools. Wonder if we can blame the dead rat in the drinking water? Am tired, don't know how far physical, how far mental. Ordinary day. Felt the 2 girls were impatient - inspection & so I was fed up. At 10:00 Odd job, did some cards. P.M. did a lumber purchase. Mr. Press said a boat was coming in so we 3 girls went to meet it. The Governor & our food on board - most welcome as we were right out & had appealed to Wanda. Lane on the rain soft gentle rain this evening. Tonight letter to George & Evelyn, inc. to the Bishop. also Southern mail, which might catch the plane or not. Bed at 10:30. But fixed a phone handset to use as a mike on the radio & it work. W. all praised him & he glowed.</p>		<p>Felt better & have eaten better but still long for more & more sleep. have no initiative. An easy day. Reply call from at 3:35 A.M. ref. to Mass. Got shipping news, inspection odd job, office work. Got the two boys going on spring cleaning the weekend. slept at Long last P.M. slept till 2:30 odd job, Guild Bot. brought the mail at 3 nothing from home. but a letter at last from Mrs. Press about David W. Thursday taking it longer to go on. I plan to go on Betty Ann. Tonight paid the bills, sorted clean linen & did more work. Gas looks to be fixed. Bed 12 to 10</p>

MARCH, 1956

Time	WEDNESDAY—March 21st	Time	THURSDAY—March 22nd
	<p>My housekeeping - easy. We had some fish. Busy morning, admittng new pt. inspection. A/N & L. Maxemilian came in again - retention. Opened Ray's abscess. P.M. odd job, interviewed the new medicals at last. New pt. through from Tona, name wrote saying sh got to find. Tonight odd 1955 statistics & little else.</p>		<p>Up to Mass. Betty got off to Barisan after breakfast. Long inspection - 100 pt. & several odd jobs to follow. Sent a radio to Tufi about an absconding pt. Got on spring-cleaning stove. Jan busy on lectures. Taught wrote home & to Magdalena. Servantes in N.Y. Feel less tired but am too lazy to push myself round.</p>

"Lactogen" is suitable for adult feeding where ordinary cows' milk is not tolerated.

MARCH, 1956

Time	FRIDAY—March 23rd	Time	SATURDAY—March 24th
	<p>Am feeling better & eating better. Am taking left hand fairly. Kneez keeping today. After I had had to do mass. nutria & great trouble catheter got blocked & clot oc. Then did Kari's ulcer, a horrible shut. Am ypt interesting job. Have never seen one so rotten under an ulcer. Got a very large, but clean cavity & clean base. Couldn't do a graft. Took 1 1/2 hours. Several admissions & Betty return at 11:30. Also Mr. Wagon, thrilled to bits: he is reflecting his info. He is staying here tonight. He B.A. ypt. He got in the W'sota map from Mergon & he Bob & I went through it & all agreed that our land was not on W'sota land. I am not back at 4 P.M. has lost a lot of weight.</p>		<p>Big rain last night. Plans not in so no mail alas. I am duty till 3:30 & afterwards again. Left till 7. I perfectly odd job & did cards 4:40 till 3:30. Betty Ann came at 5. Mr. Wagon came on 1. Mr. W. he excited to think of mundane thing & he did not bring an mail bag. He is a charming little thing & carries herself well in strong society. Chasing round after them in game. Alan Bekham & T/O 4² saw him 1. I found 1 map gave it to him quickly. His cabinet was upset for about a minute & then he came good. Lots of village people here but well-behaved & I'm thinking that they shaved their first in me when I told them he was better. They must go home. They went in well. B.A. not going till about 10. I am ashamed that I am really disappointed to have to go to church. It was after a fairly lazy day. Heard some. Margaret thought.</p>

ERORO - GONA

MARCH, 1956

Time	SUNDAY—March 25th	Time	MEMORANDA
	27-355		
	ref. packed & wanted for Angkor at 7.30 realized ch. had started to Angkor. Only missed a long Redem. blessing of palms the going up to get palms & rest. The procession took off at 8.30 only up to the Plaza for the Ch. I slipped out. got 6 past. But I away at 9.30 as church was coming out. Got my mail from the bag. Finally left at 10.11. The skipper took the Wamba bag Good trip. I read Journals, wrote letters & slept. K'lon 2.30. I want help. my friend a sick boy had gone to Hosp. I my Elise & others helped me. Gona 5, found the boy dying of central malaria neglected in the village. Very sad & maddening. Got a supper & sherry bath. Need to see the dear things again. Name I think 150. duck, malind to be helpful but didn't break down but it was a hard day. David boring but the deformity much worse. Did his plate.		Lovely chook dinner Lalk, saw ph. naval supper hall. Fed 11.30.

GONA-POPONDETTA

MARCH, 1956

POP-ERORO.

Time	MONDAY—March 26th	Time	TUESDAY—March 27th
27 3.86	<p>Up for wages in English met bo. 5.15. got off the plaster. had a full morning work. I was a morning of this that was quite difficult. Got met 11.30, supper, got away. Nanny walked through village in m. bless her. Saw Tom m. full of beans & Phoebe 150. Chippy came across the lagoon but he got there dry. Had to wait at K for about an hour for a truck. Andrew (Gar.) gave me a lift, to P.O. which is in the D.C. office. Packed plaster m. Mr Barnett walked in, so drove me to the museum. We had a welcome supper. Rae & Mrs Casey then talked plans till 6. To Muriel m. & R. well. pleased to see me. Long evening, and driving I must say the dear things are boys, but need to see them. Brian H. is going to join Rod. But 9-ish</p>	<p>Up 5.30 supper packed, wages (English) at 6.15.15 good. R. first at leisure & place came at about 8. Got off 8.30 to Enli. But there a day so I read lot of mail. Mother in 5.00. Hark & I happy to be there. I'll say her mind wanders at times, but most of the time she seems to know what it's all about. Father from Win, who must be a great help. Fred got an extra work. Met Betty from Fr. Charles. Don dear has shingles. Bob drove me to Enli school. Betty drove me in Alfred of K. school died and died at 5.15. ? something or fear thereof. Had lunch! I sang. The hour of the 'Cres not much time in between M. died but feel better for being away! Dear old Muriel brought me a big bunch of bananas as a thank</p>	

ERORO.

MARCH, 1956

MAUNDI THURSDAY.

Time	WEDNESDAY—March 28th	Time	THURSDAY—March 29th
	29:35b		
	up for mass. my housekeeper B'fast 20 to 8. Got on to inspect then A/Ns kept me busy till morning tea. Several messages Cold got's working in dish P.M. Dish. I had to do. maximization for 2nd time in one day. The old Reamph pulls out his rather wows he didn't. Long cooking a meat spaghetti dinner, so in & out of the kitchen to "help" her & to E'sing. Dinner is good but P.M. died & lay for no reason. Dodge's Stahans of the Cross did more work, a lot of doing enboard, & read journals went off in at 9.30 & it is the fashion these days.		Mych. up over Ch. I started at 7 after all. I thought I had overslept. Late again. Gran. Betty is late & I had to inspect late. The Taylor boy came by plane. I heard it while in church but he got here somewhere about 10. I heard that odd job in dish. All lunch P.M. Mr. Preece came then he brought the Taylor lad, so not much work was done. We heard at 5.10 that E'sing wd. be announced by church shell. No one heard it so goodness knows what happens. Wot got 2 light rigged up in the M.H. I was told dinner by ELECTRIC LIGHT! - very bright & the engine is silent. Stahans again. I read "Man Born to be King". Douglas is a scabber of sorts. now Gran has gone for Paul who is sick.

MARCH, 1956

Time	FRIDAY—March 30th Good Friday	Time	SATURDAY—March 31st Easter Saturday
	<p>Services were 9-3 off. an. I am fine tonight but I didn't go. up at 7. I am was getting quiet at 6:30 but I don't think any one ate Betty. I helped. Made coffee. I am got a round dinner before go. For I am managed to get really in had nearly 2 hours out of the 6 at liberty. We had a hoop up. I did odd job. After tea at 3:30 some Goma came. Admitted them. Both taught wrote letters for Goma. for the plane. sending same to him. A fairly dull day.</p>		<p>Decided to be on duty, as I had a hand to open also. I have kept Frank C. at home. I did a good job. Work work & got some campfire. tidying desk. Got a stack of papers. I ordered some for me. No E. camp. I got some cards done. Was just going to bed at 9 P.M. the lighting of the new fire when the manager came back. I would break your heart. at 4:30. I took NCM. made the filthy. I took NCM. greedily. I looked a bit less like death after it. I took the whole evening to fix it. talk to the people. I am is always so friendly late these days. I went to get supper. Betty helped. Bed 10:30. Mother much improved in S. Dale Hosp. I wrote to me. the dear soul. Her mental condition improved. Thank God.</p>

When Maltose and Malto-dextrin are indicated prescribe "Maltogen."

ERROR.

APRIL, 1956

Time	SUNDAY—April 1st Easter Sunday (Easter Day)	Time	MEMORANDA
	Easter was a good, Christ beautiful in it, a way a rather in Fan's way. The altar truly lovely, but there is a "kissy" quality about his decoration. Sewed good except for the ringing. Have good worship. Left at 9:30 my day off. Have had a fairly complete one. Few jobs in shop at 11 - otherwise sewed & have 2 dresses complete except for pressing. Quite enjoyed it. A bit humid trying day & odd spot of rain. One small group of planees. Elzing at 6, festival, then cherry hex. No dinner at 7:15. Was just going to bed at 9 when Stanley Pursell came in & central gularia. Stayed & here till 10. Fiddled & odd job. Supper & late. Now bed 10:45.		

APRIL, 1956

Time	MONDAY—April 2nd Easter Monday	Time	TUESDAY—April 3rd Addit. Pub. Holiday, Vic., W.A., Tas.
	<p>Another hot sticky day, night. Slept in. Woke at 7. Everything late. Inspection morning. Odd job till lunch wh. was late. Hoop up till 3.15. We all except Bob went for a picnic. Quite pleasant, though an occasional drizzle. With pres. cooked pancakes & made tea on the cement where the foldie lived. Lorna wouldn't come after all. Up to the top of the ridge by an old gun emplacement, it a lovely view of the Bay & Bega valley, in spite of the weather. Back at 6. Late dinner. Wrote 3 letters tonight. Nicodemus want to be radio pay but I think will not be content the way I am content to pay him. Mrs K. came today.</p>		<p>up at 6. forgot to fast for Don. Bob. Woke at 7. Everything late. Got the 8.5 shipping news, so sched at 11.15. Then I did a round, & that's about all. Got the exam typed. Lorna brought in his kiddie & coughed malaria. Mine has S. but should not be too long away from his station. The kid is refusing medical exam for 1 mil. bag. I got 3 letters written. Late lunch, hoop up. Letter from Bob, who had only 12 days in K. very. Thanks be! Mr. L. told. Frank M. saw to dinner. I got some cards done after. Tonight. Heard Valley. The Club on the little radio. I read journals.</p>

ERORO

APRIL, 1956

Time	WEDNESDAY—April 4th	Time	THURSDAY—April 5th
	<p>Am having some strikes headaches, but Mrs K. packed only 36 hours as far as I can see. No present on the station, so no news this A.M. Kids back to school. up at 7, didn't get 8:5 sched, as it was late. I nsh. 1 A/P. Got 11:15 sched but no call after that, & I wanted at radio 3:30-4:40 'still' wasn't called 'couldn't' save them. Theodorus came & listened in. Exam at 11:30 about the boy finished at lunch-time. Pressed my peck after lunch work in office a little. Heavy rain tonight. Jean crossed swordie. Laban who came to me. all a small trouble formed up. Laban back tonight. I talked & prayed to him. I fear Jean will be a harder nut to crack. Typed up drug cupboard list, & bound in exam paper. Jean got her Mrs K. which partly accounts for the trouble.</p>	<p>up to Mrs. Han. Laban both there. Laban said to not submit to sister. I tackled Jean after 6:15 past. who was still hostile. I pushed the action into her hands, though she was wanting me to let or speak in such a way that she could fight back - admitted it in other word thought grand kid! Anyway, all is well as far as I can see. Laban back on duty. I take on a awful lot of praying about. Inspection. Bob got his conversation to T. Laban. I got a radio from P. the P. M. St. George. One here to - morning (or Sat) & June, Dr. barlist. Dams on board. a great struggle to get ready. She's exam at 11:30. barlist. exams tonight. This after spend > 1 hr at radio. Heavy rain. Very tired. + P says I can take my leave. Have to return here.</p>	

APRIL, 1956

Time	FRIDAY—April 6th	Time	SATURDAY—April 7th
	<p>7.45 very housekeeping. B' fast, quick inspection then fixed seams, & got on to getting D's room ready, & other odd jobs. Got radio call but when I answered Hawaiian didn't hear me. In the afternoon had talk with Sam. Heard him well but he couldn't hear me. Finished work by 4.30, made curtains for wardrobe. Mendenham came for rehab, & A.K. was in the house. Reached home, he heard & explained I was having a rest. A.K. came at 6 PM to say he was hurt & angry & did not keep on his work & he apologized. Feel a little doubtful about taking him. B. called at 5.45, great weather. D.S. & Sam like to go (for Poff) around at 7. All so pleasant, & I singish. Saw that but D.S. & P. had a bath & to bed. They left Mendenham 1.30 PM. Letter from P, discussing Mendenham's Conf. & Jan's attitude. Went to bed 11.30 & couldn't sleep too well.</p>		<p>Muddy day. To Sam's celebration at 7, & all got away late to the boat. After 11 PM showed D.S. the 1st of April 11.30, cuppa & read letter from W. in. It spoke to a greater change in Mother than I had done. Sam, he wanted me to go home in Sept. Pressed bed cover & sewed curtains, off, & went to bed 9.9. Had a long sleep after lunch. Jan went to the Bay on my principle. Little Sam before & song. Late dining. Heard a lovely Beethoven Symphony from Sydney & sewed. Laban came to say a marriage is arranged. Mendenham of Mendenham. D.S. has been out. Dennis, alas, but I think it is the result of Laban's jilting her & not the cause & it's Poff's doing, not a prayer of D & P is betrothed. Kathy Gell came in? semi-conscious & over-breathing. I suggested acromegaly & hypoglycemia. Got Paradochical & guess together so we don't know.</p>

ERORO

APRIL, 1956

Time	SUNDAY—April 8th	Time	MEMORANDA
	<p>I meant today to be a day off, but it has been a shambles of an off duty. Up by mass, I was a sufferer but I wouldn't have one. After church most of people were introduced to me.</p> <p>At last. I went to sleep & found Jan off to H.U. We caught up on job till 11. & then after.</p> <p>Another dead rat that I found. Talked to Jim & the standard procedure, malaria or. Keep it at 2:30 till 3:15. Jan did not come. Lorna brought me. Busch for after bed both. She would for wear. It brought a day. I Jim looked at this skin under the microscope & found hyphae. Took ages. Bath. I saw 12 of them. Looked like the Beshif. That's all brought. A lot more rain. Bob moved the furniture into the house today but they are sleeping in the M.H.</p>		

Sufficient organic iron now added to "Lactogen" and "Vi-Lactogen."

APRIL, 1956

Time	MONDAY—April 9th	Time	TUESDAY—April 10th
10:30	My housekeeping up 6:30. Took to wife. I was shaving Gave the radio & asked did not come in. I respect her glad & finish after morning tea. Jim is thorough & interested & quiet in what she does, though her effect is one of slowness. I mean it is all new. Wednesday came at 11, couldn't get the radio talked to Fr after lunch, he can't quit Na job. N. promised at 13:30, not wanted an ag. to receive 2, send a message. Agreed for him to start. He is to try & reach GK to receive message. Back to Hosp. the whole day a number of new ph. some with one. I waiting for Jim's path results & switching plan are unfinished got to another. Worked in office till night. A Bengain man here couldn't come to say a spirit boy was speared & a fish's skin & they took him from the bridge back to Base B. Sent Leirith help carry him up. Bed at 10:15	Called at 11:15. To Mary in pain. I told her to call me not from a she is off colour. P. came 12:25, not badly hurt at all. I was him by P. Called at 2 by Elkin who was called back to see To Mary. Called at 3:15 she was in pain. Shipped mass. Again no 8:5. Picked friend at 11:15. Iched. Still in sand pooned in this after bed up. odd job a bit of typing. A big mail at morning tea. Busy till lunch. Had a broken sleep after lunch while Jim played & microscope. Pank Didn't get to bed as I usually was & mentally squuffy & persecution. Put 100 c. in glass in 7. I sleep. T. tonight did some report, feeling & hurt. Gave went to bag, got a mail lot of ag. & Jim went too. Then all ended up a message for Gummbe with book ag. but she is enthusiastic. Bed 10:30. Family advise me to stay till left. Then take leave.	

ERORO.

APRIL, 1956

Time	WEDNESDAY—April 11th	Time	THURSDAY—April 12th
			14.4.56.
	<p>Slept in now a few hrs. W. came while we were having a party. I wanted a conversation. Annarai slept. 21.6. High 8.40. big A/N. & infect. Betty went to Pagan at 1 in SIDA language. Bob got Annarai P.M. I got some kidding done in Dutch. Jim did some. Jan went to Kopra for MVU printing. I put her locked cupboard key repaired as I have protected mine & effect. Expected a storm but didn't get it perhaps: she isn't well. Tonight wrote letters for Bob to take to Loe then talk about breakdown. I miss but we get nothing else done. Bed nearly 11 P.M. Gumbo much worse. refusing food & mentally absent. John was asking to go to the prison. I'll leave an A/N.</p>	<p>To mass. Late starting night I did not get to isolation at all. Jim did excellent work on Lois Green. L.P. showed cloudy CSE & 4000 lymphocytes. no wags, but on TB regime. Terrific does by our standards but Jim says they give them. etc. Jan had for Gen. Menangi exam. Jim did I-V drip on Gumbo at same time & I ran round assisting her. Job in P.M. Tried to do a version for Joyce Hurling but unsuccessful. Got repat done P.M. Late to bed.</p>	

APRIL, 1956

Time	FRIDAY—April 13th	Time	SATURDAY—April 14th
16.4.56.	<p>up 6.30. after insp. did all can bother doing in holiday Disip. A.M. P.M. Jan. Peter watched but wouldn't go off duty. Did the Ovals. the passed all the Family bay I made up my fingers. Ment's party. Lancelot got P.B. 70-odd, Bruce 60-odd. after dinner saw the bay who are to get their crosses. James refused his first yph. Desire to wait. Wrote to to + P about the bay, for him to digest at leisure, to give to him today. Wrote to the Red 11.30, dog died. Lance's wife backed up, fought with a gastric tube, to save her. after a while she asked for him to come back. Said she would give up her heather way. The snafu in. out of intelligence. Not P.V. yph. Dancing for a lot. Betty returned 3 P.M.</p>	<p>Slept till 10 to 7. Aged at 7.1 F. got off at about 7.15 to ship. We got morning tea ready the awful old shell of a M.H. looked to miss. Waited till 4 to 10. Mr. Stuart came in an car. bought a recorder: a radio (Mr. Kraus) so they were in on the welcome. Bands made the Acres welcome to miss. + P full of pleasure: relaxation, B.P. do met also generally pleased to shake hands: some of people. He talked well in the Church, simply in short sentences. said always the Church had to come to a country from outside then became indigenous. Got some snafu long morning tea, in Copley, Reynolds, 4 med. bay there. He showed us his new called talked well: lot of jokes & intelligent lively mind, + P in the background but backing it all up. Talked about leave + agreeable to hang a left. Peps of him putting me to shame he does the job I leave un- done & he wait understanding cheerful like a band part</p>	

E R O R O.

APRIL, 1956

Time	SUNDAY—April 15th	Time	MEMORANDA
	16. 4. 56		Saturday.
	my housekeeping. Mass: adn. of catechumen & mod. boy got their badge. After breakfast to Mass & I got a bit hung up there. After morning tea typed circulars & Conference. A Chinese Papuan man came to lunch, skipper of the barge & sophisticated but very kind & quite well. Said crocodile meat was alright but should be done in a pressure cooker. I slept good in letters M.K. well all 4. (5) everyone went but we brought back Wiv Kuman & a man introduced as Dr John an anthropologist - asked to be Dr Hansson. They worked up the job as me. Mr Shal came for dressing in the third of the rush. Shaved in the bath. He is obviously displeased at his distance from Mass & would have a phone. Talked about Gerald. Suffered. Wrote letter to M.N. Called at 1 to Uijah. Leila (Dummba) is upset. Dr Copeland did not give her the Sacrament. A lovely letter from Edwin. Little from Maurice Dowell		in blessing as one's answer proper. Saw the Hospital & received back Dummba (was Leila) to sample but morning - a lot of witnesses. Went asked for + the blessing on W. M. & took him over. He blessed them all in Church. Went lively talk while we waited for lunch. Story of God toward. Queen Salote at the coronation (what a combination!) lunch & they went. Jan was vomiting AM & ceased her unconscious. Took a rest but feeling better tonight. She didn't have a rest. I felt tired & slept 2.30-3.30. Not much done after afternoon tea. Talked to Janine after 5.00. Talk over dinner, saw sickies & was to bed soon after 9. Lois Green is sick. Jimmie died a L.P. put in shop & Pen

APRIL, 1956

Time	MONDAY—April 16th	Time	TUESDAY—April 17th
	<p>up 6:30 got things done up for boat. Sat over to post got the people off at 9. Breakfast went for holiday. I was late. I was trying to get a head & the 2 sister delaying a bit. Chatty. Jim took the boat to the Bay. Got a radio out in Maxwell. Had a lecture. Got a sleep, rather interrupted. During the night. At after tea just said. I was having tomorrow off for M.K. work & a radio came to say Dr Pennington coming tomorrow. Great surprise. Jim driving out. Dinner hardly late, not so late as bed went 10 P.M.</p>		<p>Dr Pennington's visit is a revelation in many ways. up at 6:15, got 6:45. Jim late, got away 7:30. Plans came to go. Ad. only got a little arranging done about work. Joan Ref on board. Dr P. & I went. I was interested, saw the T.B. land interested most in water supply. Mission 1/2 to 10. Joan, Betty at Base B in truck. Cuffat a lot of talk re T.B. problems. & saw all T.B. before lunch. Most of them aren't, acc. to Dr P. Advice discharging a lot of them. After lunch saw given to Cuffat, talk. Miss. came late this A.M. not at all P.M. - not much use. Radio didn't get out. I found T.B. plan during E. Peng. & brought Dr P. has been through them, full of criticism & not sound criticism. Jim had something to say, obviously at us about concentrating on cure & neglecting preventive incl. - wh. I know my attitude to my work needs spring cleaning. Much interesting talk over supper. Bed 11:30</p>

APRIL, 1956

Time	FRIDAY—April 20th 21.4.56.	Time	SATURDAY—April 21st Birth H.M. Queen Elizabeth II., 1926
	<p>Left 6.30, organised Recp. what Gina did A.P. & her wards 1 & 3. Then I saw 2 & 4 sol. Worked on order; Jan checked invoice of - 100 lunch. That was up. Boat came early. I got Wagon driving away, fortunately as the truck misbehaved late. All the most arrived with tea Jan Bethy went in the jeep for them. Kendall, Vin & Ken Harry B. Mail. 6 p.m. Got odd job done: adm. pt. before late driver. Gina did 2 Ns found Nancy - we as she went home today. Jan got a bad pain in knee. I & 2 changed shoes 2 Unbequim. Left them off & better today - Odd job left 9. finished mail 12.15. Have to think how late I wd. have been if the house fire in the day.</p>		<p>my housekeeping. Left 5.15 to get 6 past at 6, 3 missing & 1 helped. They finally got off. Garcia got off & Ambrosi since they came in M.K. Saw my pt. odd job, feeling dog tired. Gina & Mary spring- cleaning lat. I got to cards after morning tea & this P.M. Freeman came. To Jan bowed Ray to the bay. On putting away the jeep he removed the cap of the balling radiator & burnt his face & shoulder. Was quite knocked. poor lad. I helped Gina gave the emergency orders, I am past. I was slow. Got some Morphine in him & got him to skin skin wound a good pt. Had a rest after that Jan didn't. At 5.30 Gina & Jan went to get Rosabella. A coconut smooth her L loin. Not up till 6.30 good condition? rpt broken. No late dinner, heard some Mozart, saw pt, bed just after 9.</p>

APRIL, 1956

Nestlé's Malted Milk is fortified with Vitamin B.

APRIL, 1956

Time	MONDAY—April 23rd	Time	TUESDAY—April 24th
			<p>up to Mass. Jan did house-keeping as I more or less did Sunday. It was meant to be an day for extra job for me, but was kept busy. Saw fl, fixed ship. jobs. Missolanni came to say that D.C. wants him. Looks as if he will get a job at Pop. Did sched. League wh. took up 1/2 hr. had a lecture. P.M. short sleep. D.C. sent Andrew in a jeep to bring back Augushis & med. bags!! He took back Asino, whose discharging took some talk & 2 letters. Hope he will do well. Guld for a short time, then sold. Saw Mabel Darling & consoling her, sented linen, etc. etc. Tonight brought cards up to Dalt. Bed 10 P.M. Lovely letters from Lil & Win who are happy about arrangements. Fixing my bed in Mother's room for her, & a bed to Lil's sleep-out overhead. But I under the weather, poor kid.</p>

ERORO.

APRIL, 1956

Time	Time
WEDNESDAY—April 25th Anzac Day	THURSDAY—April 26th
<p>A mad rush bet lunch, up to mess & stayed through it. Was up at 10 to young Robert & then I had to sleep. John B still sick so did O.P. with was to busy. Saw Sunday Clinic had a big A/N Clinic bet morning tea. No radio: of Anzac Day. At 10.30 a Benumb man came to repair his daughter's retained pt. I am strongly wanted to go, though a med. boy not, have done, & to an amay. went out there, back in pit & the quite enjoyed it. The woman had fainted & company. The PT put membranes caught. They got a lot of food & showed them where Owen was killed & the girls captured. I had 11.30 lecture, & finished A/Ns. Next, after lunch, saw to Hosp as Bethy was to be exchanged. Wrote up a few things. The pt's arrival & to swollen rubber kept him late — 5 to 7, only ready to work by 8.45 & then too tired to. I am discharged myself today. Bed. 9.30.</p>	<p>Slept in till 6.30. Not a hope of saying your prayer when there was a girl cleaning your house. I'm. Bethy got off to Baricani at 8. Then I did inspection the was tried after yesterday & bored & it all. Couldn't get Sam. bet 1.44 when it was to clear. Had 11.30 lecture P.M. meant to work in my house. Fixed Guild affair, did radio, little else. I am took the truck to the road water, steering failed, it is on its side in the swamp. No one hurt, thank God, but it shook him a bit. Tonight wrote 3 letters only, & had my dressing. I got to infatigable & then late. Perhaps meals that go on ages longer than necessary. Wm. S. came up today, & the 3 are to come to dinner tomorrow.</p>

"Vi-Lactogen" is indicated for feeding of premature babies.

APRIL, 1956

Time	FRIDAY—APRIL 27th	Time	SATURDAY—April 28th
	<p>My housekeeping. Did much. I'm who was irritable like a burden to carry round. I pointed out the facts & don't mind if it helped her or not. She apologized at night & said she was fighting it all the morning. Prof. P.M.T. Gynit went to Gurn at 11.0. got off 2 letters to John & wrote a couple of others. Gynit & Betty returned after lunch, no pb. seemed to enjoy it. Very lecture 2.30 radio. Modelled round getting ready for dinner. They didn't come from Base B till 6.30. All bright & alcoholic but all enjoyed it. They stayed till after 11. Radio from Dix to say Bessie will come for Conference.</p>		<p>my day off. the first real one for Eric. I was old & angry to fast in bed. Sorted my correspondence, found 211 letters need before 1955 & 24 " " 1956. Fixed up Tax gift & wrote thank you letters all day. Washed my head after lunch. Gynit went out to help rescue the truck, Mr. J. you came & helped me efficiently but the truck is not up on the road. They got back at 6.30, which I paddled tonight. Letter: bit of mending & heard Rappall & Wrentham in a Dublin Concert.</p>

ERORO.

APRIL, 1956

Time	SUNDAY—April 29th Capt. Cook entered Botany Bay, 1770	Time	MEMORANDA
	<p>Betty in bed & her prophecy that I would do much better came off, so I was the winner. However, it was an early day. Maes, did much & I am who spent the rest of the day on the anti-lawn. I got a letter home written & little else to do. Mr. Wynn got the truck out of the swamp. Some after 1, I got their lunch. Betty up & about in spite of I was telling her to stay in bed. I was still after P.M. I was fightingly late so dinner little. Robert M. arrived & we were starting. He came on Chumanga, it was to sail at 5 P.M. B says Chivie having a few days in Luperon in praise to. I packed & got ready not in bed all after 11, read till P.M.</p>		

ERRE-POP.

APRIL-MAY, 1956 *pop-SAS*

Time

MONDAY—April 30th

Time

TUESDAY—May 1st

up at 4:10, we got away 2nd after 4:30 for the Bay. Nam bows and bless him. On board in the dark, talked to Kewan & think his visit to College must have done much to bring it. M.S. ink many. A fair swell, so I lay, read, slept most of the time got a few letters written. Eugene took down as not to K. W. H. after 11. Phil Busch gave me a card from the Trobriands. 2. Another on board. Luruk's lunch brought us up by M.D. Found Red & Waddy willing to talk about her illness. Examined W. & reassured her but didn't do more than suggest she cut out Agave. Lunch, read a bit, supper, wrote to F. Hugh, bath & sang Luruk - all thoroughly cozy. Mr. Barnett returns tomorrow from Moroby. Bed 8:30. all nice. Waddy much brighter since reassurance.

up at 6. Mass late & slow,
finished 7:20. Lovely morning.
Hot late. B. fast; then called
to a sick woman in Union
to see some of nursing.
7. Then drove in there late
picked up by Bertram & he
go to ag. Louis in pain & we
transferred her to the ambulance.
Then brought Mr. Barrett's
furniture & odd carting it. Saw
Mr. B. & Fred an affecting
Reached HS at 11. Bertram got a
great welcome & Supp. & ag.
Grimmer & lovely. 7. Louis
went off. I had to sleep! while
let finished school. Lumb & to
banks met Mr. Nemes who
had not been heard of Doris!
9. As. Miss to be back her
run to pretty front Supp.
much talk. Tonight said the
Hosp. not much shop talked
but must sound out old houses
to find Meadach. parish paper
indication PMT!! Bed
soon after 9

SAS -

MAY, 1956

SAS AG-POP.

Time	WEDNESDAY—May 2nd 3. 5. 56.	Time	THURSDAY—May 3rd
	<p>Pleasant day. up 6.30 (really 7) got to Hap about 9, saw Herbert who seems to have a persecution complex & several ph in Hap. A boy with Dennis - not passing came in after 11.0. He wanted 3 pieces in the valley paper. Medicals got to him, that probably saved him. Saw Myrtle & looked at T.B.H. Gladys after lunch sleep, worked on plans. Talked to Pat about the Mrs. Lane situation. Bob's fear that she might be willing to keep on looking after him. seems to be unfounded. Mrs. Lane came to home ^{young} tea, 1.30. just going to up all day. After 5.30 Bob arrived. Dinner talk bed at 9.15. Myrtle still fond of Paul Palmer who is back in 2 1/2</p>		<p>Mr. K came in the night 9 slept in Ted's room. up for Mass. & god. but Bob felt faint at the Gospel & had to go out. Got away at 8.30. when Pat came too. He said saw ph. Denis looks much better. Mrs. Menes who is charming asked me for coffee. On to 11.0. where I saw 3 boys. John C. talked to 2 Brydens about Mrs. L. Sandwich lunch at 1.0. said to champion their work. Boy & prob. T.B. glands. He & Herbert came in prep. To Pat by 2. said a bird had worth sent to her. Mrs. Barnell came here talk a plans. to see D. who was surely but checked up. said. Fairman is kind. Repl claim that we are doing 80 acres wh. seems reasonable. back here 5.30. more talk. Todd gave me a heap of fruit apple plants. To Edward to dinner. Waddy is kind. He aunt is sick 2 cases of M. sickness. Still & sleepy. Bed at 9 P.M.</p>

POP-GONA

MAY, 1956

GONA.

Time

FRIDAY—May 4th

up at 7. To father. To Edward called
for me before I was ready. To see
D.C. is amiable & we ploughed
through the mud of corn-
pound at 5:17.4. Land. To be
must to send a man down to
have it fixed when he can
spare it. I suggested 2/12.
A wonder. Macdonalds for you
to wonder to a job. To at any
at about 9:30, I thought to.
Edward wd. go & me. Thought
th. 2 pl. The pip could drive
right to Garra pt.! Herbert
Jr. not there as usual. & old
Bonga took me over in a very
leaky canoe & only a 5' sand
bag. I baled all the time.
To Gona soon after 11:00. They
were expecting me staying.
th. 10. Suddenly feeling is not
good between M.H. & Virginia. Mary
doesn't sound too well either.
Lunch. saw David. 2 pl in back.
hook up. Mr. brought in a bag
to bed!! Did Ethelbert. L.P. I say
to. Wants one letter only tonight.
To Campbell. Shall be bed only at
10:30. Glorious night. M. seeking
companionship & affection.

Time

SATURDAY—May 5th

Slept till about 7. B' fast
before. Mary got the
lax to wash her clothes
for me & we raised them
between us before lunch.
I did a full round of the
kiosk & saw some A/10s
in. Rachel who was the
to pick me up from Bona
a few years ago. Wants
aid to help her to have a
baby. Poor dear. Lunch. &
sleep. Slept till 3:30. Got
a letter or so written before
E's song. Not sticky day &
a bath most welcome.
Sherry & Elsie & Lorna. Mary
slaving away in the kiosk.
over nothing in particular.
She will never learn to sit
easy to life up here. Thought
heard some lovely records on
the awful old gramophone &
got some letter written.

"Lactogen" is suitable for adult feeding where ordinary cows' milk is not tolerated.

GONA.

MAY, 1956

Time	SUNDAY—May 6th	Time	MEMORANDA
	<p>up for Mass & large Simon Peter preaching at great length. Then Rogation Procession Tried to share in it all but got sleepy. Didn't cry but it is a big ordeal for a kiddie B' fast at 10. Saw the sick pb. Lorna Carlyle no organ rip but perhaps she has not had time to get used to it. Talked to Mame who seemed fearful, lifeless & owed to a fit of depression which comes periodically. Lunch slap, wrote letters, got a few done. 9 sung. to Mrs Bart who was reported to be dying. Saw watching a bit. Funny resp, adun. 2 kidds after prayer. Basil a quick cherry. Tonight wrote, talked to Mame order. Mission boys in M.H. for games. we saw Campbell together, a bit more writing r/b bed, as sleepy as ever.</p>		

GONA POP

MAY, 1956 POP

Time

MONDAY—May 7th
Labour Day, Qld.

Time

TUESDAY—May 8th

Pleasant day. So good to be free of you. K. up 6:30, breakfast, packing 'farewells', away at 9. Overcast & walk quite pleasant. 11:15 to 10:30. Mr. Barnett came almost at once. Mrs. O'dell & him - pleasant but strike a false note. Has been in Malaya. To Barnett's for lunch. muddy track, beautiful through dense bush. met the Wheeler family, in car. & Mrs. Barnett most attractive & a good hostess. Talk. lunch. The Mr. B. I got down to business & got it all thrashed out by 4. Juffa asked the Wheelers to come. They are most anxious to come. Left at 5, chased everyone to hear of transport - Betty Ann. M. Lawrence finally found my Fielding going through by lunch. prob. tomorrow. Wheelers going too. They stayed here & ready. Good while Mr. B. I shared Mrs. Fielding. They got away at dark. had bath & drink a bit of talk & bed. ready feeling much better.

up to mass. B' fast, got N/L & another letter written. That is all my achievement for the day. The Edward brought Mary, Ann, & Elsie at 10:15, 10 messages that Mr. F. was not going today. So decided after Mr. Barnett. The Wheeler came in that we all 3 go on the B.A. tomorrow. Back to talk lunch, short hoop-f. to the Edward to talk about some rebuilding ship, & doing labels. Off tea: him & Vera came in. Looks well but is thin. Finds the farm lovely. Was talking Ann & good about her estate here. I say, beer, drink, packed a lunch & was to bed. Waddy better but glad to get to bed. I think it is good for her to have Elsie there.

POP- EROPS.

MAY, 1956

ASCENSION DAY

Time	WEDNESDAY—May 9th	Time	THURSDAY—May 10th
	<p>up at 4. Rodd. I got away at about 5 in the starlit dark. Went at turn-off for an age for the wheels, & got off about on time. Away after 7. Perfect sea: a lovely trip. Easy to entertain. I forgot my lunch. Wrote 2-3 letters, read & digested Bay 2-15. Mr. Wynd obviously upset—find this trip is going again on the B.A. They had a flight yesterday for things. Went at break, then you came down in the jeep. He tried to tell I saw that the Ws were on SDA packs. He said "My Kithner son arrived per lunch then Mr. Feeling 2. Anthony per jeep, all for the tea till nearly 5. Went to come back for dinner but sent a message that they couldn't. Lovely letter from home—mother wanting help: as should, bless her. Denise much talk but quite pleasant. Bed 1/2 to 11.</p>		<p>A pleasant day. I did to fast from the rest & she fed me. I did to Ch. the guest Mr. Katherina & singing Glenbeck. No one knew it but I good sense. Lots to fast, inspection long & slow. Dr. Mrs. W. came but she soon slipped away. Bob sent a radio that they will come tomorrow in the Cessna. I read odd job in Desp. I find you climbing down over surgery: wasn't back at 5 mod cond. Had hoop up, odd job wrote letters, Greek to I sang. Eliph asked who they were was told Australian Dr. & his wife. He said "Are they married?" I might pleasant talk. I saw they played scrabble & wrote to Michael. Bed 10 P.M. I blew with you because he humbugged with his trip to Gona. He seems ashamed. Labor sewing, & I think he ought to be under discipline.</p>

MAY, 1956

Time	FRIDAY—May 11th	Time	SATURDAY—May 12th
	<p>very housekeeping. Jim hasn't started on it yet. Kaw to be fast. Everyone's late. Dr. Wheeler and Augustine decided it was a cold bladder or a urethral diverticulum. No proper scrubbing up! Jim doesn't either apparently. Inspection. My W. you brought in his wife & daughter here over H. A. Another glorified the person in her. He brought nothing but the clothes she wore, not even shoes. The poor soul cried but I cheered him. I expect both are at fault. He apparently hit him like a will thing. He came at morning tea sneaking that it was everyone else's fault. He helped us out but Eda said things having a fling when I was!!! Papuan all like ing graph-eyed. This P.M. he came & apologized to F. but Papuan ready to & knives. Things to fight if he showed fight. A sad sad business. We went for a glorious picnic up the Beaya river. Wheeler & Augustine really enjoyed it. I came no white fish about. Bessie didn't care after all. I wrote letter tonight.</p>		<p>A nice day off. Rep soon after 6, helped: to fast. The Wheeler got off at 7.30. They realized it had a few days. Took 4 days to my house for fresh clothes, got her on to mending. Rep. W. came in at 11.30 & he told me. Had a talk then he took her home, but I doubt if there is a true reconciliation. Poor thing & Eda was wanting to see her baby again. I went through my box - have 14 dress lengths. Folded my letters while G-K wrote labels on them. Slept till 3, washed head, made new cushion cover & sewed press- sheet on tonight. While I listened to some Liszt. Lovely letter from Win - Mother left Hospital one week ago & is excited to be at home again. Win arrived here the same day.</p>

ERORO.

MAY, 1956

Time	SUNDAY—May 13th	Time	MEMORANDA
	<p>9 am duty as Dr. Mahan. up 6.10, saw to breakfast. Church, Resp. job slack day, all went well. Talked to Alan but fear I didn't get far. about Smith telling & obedience. His banned announced for a time. Gave out a shirt. I got a letter written. Mrs. Stuart brought up New Prince & fever is miserable. It is in the dining room. Gave came on duty to find him. Did a round tonight. don't like the look of Alan Mahan who is obviously frightened. Talked to Robert Talked to Gine about the organisation in England at 10. Tried for some reason.</p>		<p>I fear she thinks I didn't visit her, though her manner is a way. after dinner J. & I got a scheme for sending D. in charge of Robert as means I said that wasn't hoped. Then they wanted to break the rule & send her anyway. I suggested that they didn't believe that it was the law that only the pt. could go, said the red book should be out. I said if it was to be changed I should be through 3rd. Russian Conference I finally gave had to own that the pt. wasn't really going after Alan's progress much. Great pity it was suggested. Anyway Alan doesn't be wouldn't go & I feel he is worse whatever the others think. Everything friendly afterward but they are probably disappointed in me. Greta came in & a ? dysentery malaria. Gretchen wanted a copious amount 11.15 I gave improved.</p>

When Maltose and Malto-dextrin are indicated prescribe "Maltogen."

MAY, 1956

Time	MONDAY—May 14th	Time	TUESDAY—May 15th
	<p>Woke 6:30. Mission quite back. Sweeping the house. B. put up. He'll be 10. I have felt overwhelmed: the weight of the other 2 personalities. Jean June June is better than she was at nothing in a way. I have but sp. does. Also she gave up the list of suggestions for Camp. was a letter telling me how to run it. Jean & June is fully at the moment. But radio had a lecture Wrote letters 1.41 for M. Morech. Got radio from Bob saying engine trouble has developed & arrival uncertain. Also Rogers tried for conversation but I couldn't raise Rogers. To hear it tomorrow. after I saw a long deputation of Baberada, who didn't want Alan to go to 24. Said Dorothy had no money—passed her. Talked to A. & D. & A said he wouldn't go. Dorothy G. offered money from her hand. A. to his credit refused it. June came in on the collage discussion but walked so slowly to the Mess. that I went ahead & she didn't follow</p>		<p>I'm very busy for I am. I am getting on so much better together—largely because we eat together & the other two are so permanently late for meals. We are nearly finished before they come. up for meals. June apologized to me for her rudeness of last night. I didn't think she was rude at all. though she was argumentative. I don't think she has forgiven me yet about Alan. Yet I am sure my stand was right. June is apt to lay down the law I gave June power I got my car. to talk. of course she says she won't come to Conference. I quite expected it. I was amused at the way she staged it: but the two of them found in their condemnation I thought she should be compelled to come. Jean doesn't have hoop-up nowadays. think the two of them talk. I had Guld. left a way through old job. I mean want to go on next boat. Sat. liner & Philied on board. Should report. am tired. Jean having trouble in Bob's workshop.</p>

ERORO.

MAY, 1956

Time	WEDNESDAY—May 16th	Time	THURSDAY—May 17th
	<p>No lack of variety here. On 8.5 broadhead picked up a message from the passengers was due Emtial 8 AM. I thought it was to Fr. McCall. He then went to meet him; it was a Mr. Ling, put the car in fender to do the wheel!! The small pilot came in for a coffee - bar!</p> <p>A yawling howling man; a Mantoux test being done; hands of A/Ns. could not get what started on repair. Then G.G. turned it into a staff meeting about Mantoux & conference. Got a change in T.C. policy passed down my throat, regardless of the fact that we were trying to fix a programme for Conference. P.C. lectures, radio, reports, reports again tonight. Mr. P. up for lunch & to go home tomorrow. Also fixed the starter on the car. Got a can through but did not call her. They cold should be as alright.</p>		<p>up to Mars. Inspecter a moral. I am had no hope up, it was awfully tired last night. There is very much for me at the moment which is left to mean a single night. I had 11.30 labours. G.G. did BCGs. An sched a radio came for from M. Wilson authorizing Dorothy to go to Alan Bekam, Govt. to pay cost. I think he is really making an exception at G.G.'s request, especially Dr. Guntel was not appear in this case. However... I played hard to take it in the right spirit. I think I did. Anyway the other 2 & Fr. was both in the know about the letter; myself have been apprehensive about my reaction. The Gp. much more friendly since, at any rate. Alan deciding if he will go. I shall think he will do better to stay here. Finished report tonight (see item re Lambada Councilship which looks like going out of the family. Referred him to Mr. Norman.</p>

"Vi-Lactogen" with added Vitamins A and D.

Found white ants in my house

MAY, 1956

Time	FRIDAY—May 18th	Time	SATURDAY—May 19th
	<p>A rain day. The alarm went at 1:00. I got up to look for plains in 3 p.m. & found none. Heads hit before going back to sleep. After 11:00 went to the hospital. Had a terrific accident. I'm afraid I got almost clear from the flag. I took out the car's engine. She gave a terrible anaesthesia. At lunch everyone was shockingly late. I had nearly finished when the car came & he must have been nearly finished when the others came. Alan said he wd. go to Winesby. I sent a radio, thought he is wandering. Left after. Had a meeting re M. Margaret's day. Did get white pt's hands done. Some man came through: news that Maryington's mother died suddenly & the poor kid goes home in the A.M. Wrote a few letters tonight. John says & L. came there on Wed. & Rodd from Maddie May. I and on Monday - Not a lift!</p>		<p>A day off, of sort. Called at 1:15. Wife Darling 16. Produced a frothing babe at 2, & quite pulse & slow when in 2nd stage & no pulsation in cord for a while but babe breathed peacefully well. Thank God it survived. Died at 3:15 but couldn't sleep. Dep at 6:07 to find 7.4 on way. The departing alarm under the trees & crowd of relay people. All joined in & saw him go. At last everyone tried. I went to bargain at 19. I looked at Winesby rather grudgingly while I'm late for the day. Did not wash & found white ant in my boots. PM. Wrote 3 letters, a spot of mending little else. I did not touch of books from the store full of white ant. Lil's letter says Mother & well. Well & happy, & happy taking lots of unusual things. Has blank mind of mine. Joan & I. Sub. going. B. went to visit all 9 W. stations & sent radio about a possible itinerary.</p>

MAY, 1956

Time

MONDAY—May 21st

23.6.56.

Time

TUESDAY—May 22nd

Two very hard days. up 6.30 on Monday. bells kept
late, no Russian girl came to do the house. Found Joan had
commandeered the whole 5 to fix up the 2 new bedrooms.
Had words. she apologized after 10 past but resented it when
I said she could have let me know in advance. Lunch came
at 10.10. Rodd, Pam, Mary, David, Cuffey, talk. Mandy
unbearable: infected socket. FB after tooth ect. Tried to give her
LA to remove FB + KCC gave her pethidine, went pain finally
happy. Saw her sister by the bus stop. Hypocrite at 4.15
she filled herself with sherry. Cress: Joan called from us. I was
through when Joan didn't know anything about it. at 4.30 I am
reheated from walkabout at 5 pm Cress arrived. Joan took M. out
back it came back 6.30. Rodd took Joan to the Bay to get sherry.
I invited everyone to my house. 10 people in M.H. Joan cross
over about 10.15. I took Bob, Betty, excited. Writing letters till
11.10. Joan came in, starting telling me how to give my lectures
for conference. paid nothing but too tired to be annoyed. very
housekeeping.

Up for mass. Joan went. Bob, Mary in Cressa to Prof. May
for pain thank God, feared a big danger. She stayed
but wouldn't stay. Got away 11.30. At inspection Joan is under
about Joan's job. Joan had asked me to see her after lunch
I got a sleep. Joan is. To Guild, came to see me. Joan was
there. I am why won't you let me help at the time. From the
passage of time with. I tried to keep light, friendly. Cressa
came. Boat bell at same moment. I went to see Betty to see
the dear little Joan. that gave me respite. New job Bf. came
Dinner to take. Talk to Bf. he was wound up + made it long.
Not listening pay yet. I should have seen Mr. Barrett
Wiggle Hosp. built. long talk over supper. Bed 11.15. Joan
came 12.30 after talk + P. about placing of new nurses.
Dad hit for new drug for Wiggle, for Cressa to take.

Sufficient organic iron now added to "Lactogen" and "Vi-Lactogen."

ERORA GONA-POP

MAY, 1956 POP-ERORO

Time	WEDNESDAY—May 23rd	Time	THURSDAY—May 24th
	<p>up at 6:10 go to fast. eat lunch for Bob. Ted. & then to fast, got ready away & at 5:10 I was pretty early. Calm sea. Very tired. Read Journal & wrote a little. Gave at 3, 1/2 hr there seeing J.B. quick cuppa on the path as + P was ready to go. Killeiton 4.30. T. Daim to make as. Bishop then parked. Lovely trip in jeep pushed up Linding. Pop at dark, saw little of + D. Bishop & T. T. I can't be Rodd's expecting to find Maddy in bed but she was O.K. Pleasant bath bath sherry drink, to bed. I fear I lay down the law to the Edward poor thing.</p>	<p>2^{5th}</p> <p>up at 6 for mass. Bp celebrated & not well. Had to go out in the middle for a minute. + David better. All had to fast: Maddy. Went shopping, wrote a letter. Thought about T.B.H. John McCalm packed up for a cuppa. Pere. Answer came in to say he was bringing money of ASOPIT & Linnings after lunch. At 11.30 + D took + P & me to Barrett's. I'm glad he went. + P too tired to listen much. It pleasant there. Mr. B to have plans ready Monday for + P to take to T.M. Lake lunch. + D drove John McC. & me to the ship by 2.30. Waited for plane till about 4. I am on board. Lovely trip back looking closely at the country. Back to mission to find Joan. Betty had been to Wiggles. Deepura for the day. Wrote letter. unpacked. At mass prayed to about the Joan situation & felt I must not let it matter so much. spoil other things. Joan shall worry of me.</p>	

ERORO.

MAY, 1956

Time	FRIDAY—May 25th	Time	SATURDAY—May 26th
	26.5-36		
	<p>I did housekeeping. Iish for 6' pack, earned beef for lunch, fresh roast pig for dinner (1 sl. bone) upst. (today) I was had an op on the dist a round. Betty while I was sed for the op so I was left to look after myself. I did mostly later. Betty. Found a whole stack of W. gl. shuff on Drish floor & found they took one carton of small shuff & left the heavy shuff in cotton wool just gave 1 bottle of juice!! I feel as if it is a dreadful thing to go pig riding & leaving everything shuff behind. Thought I ought to pack both I am. Betty & both appeared to think it quite alright though there are signs of shame When someone called it a mess flight, I am said to it wasn't that. I.P.M. worked on shuff for features. Tired at night.</p>		<p>Left on 11.1st bell. Day off. I took it. I felt I couldn't help much in preparations. I was had busy day admittin'. I washed hair, hidied my oppo a bit— a job that has been put off for months— & did lectures & mine. Father. Letter from W. in. Mother has a change of personality & quite demanding!! Want to go out or be entertained all the time. I can see that it is a strain on all. I am is having a bit of a bit. M.G. cannot 2. Nice to see the girl. Several p.s. came too. I entertained them. I da W. you arrived at same time. Betty wanted blow him— for much dancing. Got more preparation done with 6.7. High. Lovely music tonight. Bob. Betty gave a radio msg. Dear Nance has given me a foam rubber pillow! She shall look but it is lovely. Pat & Carl + I are thinking of arranging for Mrs. L. to go to Brisbane. I'll suggested Betty. N. might stay here for a while before going to Oz — at my discretion. Don</p>

MAY, 1956

SUNDAY—May 27th

Time

MEMORANDA

In duty. Gran, Betty
stayed home. Wash. Only
win. Mission girls on.
Pleasant uneventful day.
Several admissions. Got
some odd jobs done.
Things ready for M.K.
Sending Laban on M.K.
for his marriage.
John B for holidays.
Hospital full. Food
substantially gone. All
o.k. in Gran after all
this strain & unhappi-
ness.

MAY, 1956

CONFERENCE

Time	MONDAY—May 28th	Time	TUESDAY—May 29th
	<p>Heavy day. No hoop. up. I under tension & am tired. B fast alright, & housekeeper. Inspection Aug. & 3 sisters accompanying us. Just show sweet reasonableness in spite of her argumentativeness. Odd job. got some mail done before lunch after lunch lat. Mame got busy scrubbing kitchen tables & did they need it! I bray at this that Ayed to assist! Lois Green, when put she struggled, got it done at 4:30 under G.P. We decided we could not ask Bess to sleep in anteroom of M.H. so I put up my sketches in my office for me & she is in my room. Boat bell & ist. Jack arrived at 4. This to visit the new way. Rush back & talk all the time. Dear Pat made the pudding. Dinner fairly OK. Sending 2d adult to 15 kids on M.K. line. John B. for hols & later for wedding. J.B.'s brother in for M.K. Lancelot returned with ring off. I used mail. Bed 11 PM.</p>		<p>Big day. To mass. B. fast a bit late. Lunch got off to M.K. at 7:15 ish. & B. to shift 8:30. I decided I had better go. I plan lat. & read journal. As the plane left Jackson's a tyre blew at in the air. had to return & land on one wheel. I transferred to another plane. Both Joan & B. in fact, esp. Joan. Got them in New by 10:30, fed them & brandy. Introduction & coffee. they rested. I talked T.B. PM. Joan talked ed. dick. Max & B. produced a bat & was ring. turning about all the time on odd job. Everyone helps, the keeping goes well, Bess Bess. Sherry in my house at 6. Dinner much more watery than lunch, talked to Helen about her trip. - a lot saved. T. taught flannel graphs & film strips. Betty says I was going to need attention! hope Bob gives it. supper & bed 10:30.</p>

FRORU- CONFERENCE MAY, 1956

Time	WEDNESDAY—May 30th	Time	THURSDAY—May 31st
	<p>I was rather dreading today but it has been pleasant in deed. up 6.15. I saw ph. before 6 fact. fixed job. took Joan to A/N clinic, but he talked instead of getting to work so I had to take A/Ns while she talked anti-malarial. wh I didn't want to miss. Heard L. Benner BCG & clinic work & we all dismissed 1 W & A/N report & suggestions for improvement. After lunch went to Helen's for new supplies to arrive at 2.30. & saw Mrs. Beaura R. & we all thought enjoyed it. Panacea at the same spot as before. Joan & I swam. Glorion place. L. B. changing out & leaving the pen. Back 6.45. Late dinner, too tired for lecture so talk & looking at colored pictures. Late bath & bed 10.30. Joan made Bessie go to prison wh. was to good indeed.</p>		<p>up 6.15. did a round before 6 fact. Joan did has after. Mr. Wynne came in for a redie. wh. held on up till nearly 9. Gave Betty B 1-1 Calcium wh. seems to have helped her read. Joan's lecture at 10 to 10 on Antibiotics. I missed some amelia hysterical over her matrimonial situation. Gave her a redative & sent her to home. My lecture is 6.10 to 6.30. Lunch 11.30. P.M. got 20 min on bed. Joan on P.M. afternoon tea then told to Joan & Ken H. packed some things. Bath. Joan would change in Miss. H. I said I was apt. Bishop's instructions. She went on & I didn't go. Wrote a prayer for guidance sent to Miss. B. & cherry but did not lend my glasses. Dinner late. Talked the park. Wrote some letters. Tiff & Joan over invoices. She demanded them for checking. I said we would do them together. all so puffing but still the aftermath. Bob, Betty flying today great excitement!</p>

JUNE, 1956

Time	FRIDAY—June 1st	Time	SATURDAY—June 2nd
	<p>Quiet Day. Went to bed 5 unhappy. I fear we fed up: we of these things become important. Business not solved yet but relations amicable. Was Required for past members of ship to my surprise. Father addressed quite good. Did mch. & pd 10, radio/bray at 11:30, & in 12 mt. Bp. coming Pop Tuesday Mr. Lamp here. I came up to mch. At 10 talked to Joan about anti-malarial also gave her the Allen & Hamberg's sketch to then Dr. Guntter. Slept for an hour after lunch, feel better for it. Mch. job, sent at 3. Radio. Tonight got Bishop's letter written We played parlour games, med. boy danced for us. Much talk. Bed 11 P.M.</p>		<p>Day has gone well. B' fast early 1st Dr. Joan R got off: Bob in yep to 8. Bob took Pat to Pot also Ken H. He has a barrel of T 100² & put himself on S. quarantine. Insp in Hospital to Betty B & talked on radio & radio to send, so at the job a long time Radio to West for all of us cost £1!! 1/4 per word. I per session after morning tea, mostly on stethoscopes. After lunch did Betty's inj. plus volds. sent 1 v. rest. Joan did Ken's talk on Hygiene & I went to sleep in M. Long talk in Bequith, Nance & Helen & BCG & we are holding the campaign all we know more of it keeping properties & surg. bath. Was sherry in M.H. so I had sent her alone. Late dinner. Tangled gave away some clothes. Sent out radio cash for furnace & little else. Ted came today M.K. did not, he everything to take for. No M 5 no F. McCall!</p>

"Lactogen" is recommended for Nursing Mothers.

JUNE, 1956

Time	SUNDAY—June 3rd	Time	MEMORANDA
4.6.56.	<p>up to Mass wh. was quick L. Bignold came, was surprised to find I gave to English services. Bob & Ted got off after 6' past. Bess went to see the plane. 3 quarts of 6' past I did lunch & help. Did not wish to. Had a rest. boat bell went & the usual pandemonium. Patrick came in drabs, drabs. Mayda came in hear Gaphel has gone to New Britain. The bell came back a bit of news of us & a skill for A B M Review. Ravi came from turned on cherry again in M.H. After dinner I had long delayed talk to Ken, saw more news Ab. bell 9.45, supper & interesting talk bell 11. Wrote letters bell 1. Saw ft 1115, couldn't sleep bell 2.</p>	up to 5-	

JUNE, 1956

Time

MONDAY—June 4th
Foundation Day, W.A.

Sep. 15 Mon. I got to Paul's help.
 Separated an awful muddled. Drugg
 didn't go yesterday. Fr. didn't
 tell Georg about loading post.
 Truck went badent late, yet
 made 2 trip. All got along
 finally. Odd job of cleaning up
 & fixed 7:30. At 8:10 called
 Langman (Public Holiday) &
 asked for message from Bishop
 & again at 9:20 but got none.
 To two centime & nurses as
 originally planned. Muddy
 Lang got moped. June & Betty
 went on pt. to Langman & took
 back. Odd job & seeing new pt
 bel lunch. Slept till 3:30,
 felt better. Got again. Late
 June & new sherry. I wish
 them & to Rodd & bed 8:30.
 Horribly tired. Mrs K came
 & much warning the AM.
 Jean got her yesterday.
 Wouldn't it!!

Time

TUESDAY—June 5th

Called at 4 to deliver a sermon.
Didn't get back to sleep & well
for all I was so tired. To Mass.
Keef got off at 8:40 & Bob, the
traveler - Ken, Nancy & Benj
- 9 year. Lorna to do Emily's
I went Keef got off at 11 P.M. & had a
lecture. They returned at 11 P.M. &
Ken who got tomorrow. Letter from
+ P. who I seem to have decided
to send Benj & her. Lorna disappointed
I think, but cheered up when it was
made to appear a good thing, not
a sort of no-confidence. A nice kid
for all he misjudged price of
everything. Bob called Rogers &
that interfered & took up. + I had
for Sunday AM to Rogers for Monday
+ Bob. want to bring back to me
Call on Mon & Tues. This is out
on Friday week. Went to Gould &
stayed throughout. Sat. lunch for
after dinner. We read a story
tonight in Keef. Long news &
seeing Mr. Ken wanted a postcard
at 8:45. I persuaded him to
put it off. Bob & correspondence
reading up eyes & bed after 10.

ERORO

JUNE, 1956

Time	WEDNESDAY—June 6th	Time	THURSDAY—June 7th
	<p>John was up at 5:15, drove Bob, Ken to the shop at 6:30. I organized home, my b'fast. Poor Lorne I think does all this quacking as a sort of defense. I imagine she is pretty vulnerable. Mabel Chumis, admitted several, inspection. Grew went to get q'ara, I had a lecture. I told W. you can in i' p'ruiser on far neck, chest ^{arg} pretty peris, but she said Ken struck her only i' his hands. Admitted quite painful, a cleandress she wouldn't have lunch. Hop up, featured the mid'c peris, real tear i' L.A. J.K. I did some tidying in my home. Sherry took a bit better than plenty of middle remain. Pargam was in. W. you: 3 met walked from Bay, don't carry him. Grew refused to take the pet (I. I. concerned), the pricked men went to Pop, left him to his fate. 2 met boy carried him, admitting tonight doing Helen's reg. Haws. P.M.T. after Mrs. H. has come.</p>		<p>Sunny, hied. Busy day, but nothing outstanding. Read a novel till nearly 11 A, felt I wanted a change of thought up 6:15, was late. I hope he long, hot but quite pleasant. I did some mending for me, made a nurse, skid odd job, till lunch. Lesson 3:30. Sled uppy, aspirated Lois Green's chest, & any result much. Thought did some typing, not much. Gums, Betty returned just at dinner, it cheer up their bit. Fortunately enough dinner to go round. Mrs. Wapman sent in eggs, a note to Father. I sent her back asking for clothes for Ida.</p>

"Vi-Lactogen"—the "humanised" Infants' Food.

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JUNE, 1956

Time	FRIDAY—June 8th	Time	SATURDAY—June 9th
	10. 6.56.		
	I don't remember much of Friday. Much slacker. I got my inspecting done early then did cards. I da did a lot of sewing & seemed happy after morning tea & P.M. I did Felix's order & got it in Saturday mail also other odds & ends. I then returned 5 P.M. Writing till 9, & read a novel till M.N. Wrote to Bob at long last.		Day off. I quite enjoyed it, in spite. Betty housekeeping. I got a new dress and out & fetched to Ida while she sewed & what she says is that her marriage was a hurry up for the beguiling. Her people advised against it & the Methodist minister only let it pass as she was dazzled by his wealth etc. Got a long, standing letter done, & had a good sleep. Bob arrived in time for lunch, after flitting all over the country. John Barrow at 7. Prudence Laker's wife at 11.5. Bp. got up here at 9. Much talk re Ida. Then home re the medical bag & interviewed them. After later talk of Laker's future & after I had crawled to bed after 12 he saw her. I filled in certificate for Mrs. Lane. Ida to go on 11.5

ERORO

ST. MARGARET'S DAY.

JUNE, 1956

Time	SUNDAY—June 10th	Time	MEMORANDA
	<p>up before 6 - got 9 da same to fast. Bad start - no fire wood. Pines wouldn't light. However, fed her, got a chopper to the Bp. after a 6 AM Mass. Endless service, no bird even to be heard. It was lovely in part though. Long procession, high ending of bay - Bp. to Lumen, 90 B to Lumen, Langelot here. Neill is a disturbed Lumen to relieve. Procession to Hosp. B' fast 9:30. Bp got away 11:15 after further talk in Lumen with decided nothing. They flew over at 1:40. I was calling at W'gela & sent Kelen's reg. to her. Neill dresses. Did in paper her & admitted people feeling to asleep. I am now going to bless the Mission House. Have a party at 4. He put it on at 1:45 warning, why I went to see about lunch it wasn't started. The place full of people - lolly-wots.</p>		<p>Amused at not being told, but went off & lay down & slept it off. Really no bird to be cross or sensible. Lunch at 2, rest again. Hosp job & saw to Lumen. Dancing started 4:30! Lester danced in spite of his bad leg. This Alfred danced, did it jolly well & struck it gamely. Wama danced, like the Erora. Mr. Weyman came but per- haps had to be polite & would the dancing. Hope he repay the 25 to the mission that he gave 9 da. Late bath & dinner then to feast. Lolly was really. Back to write some Coasts letter & bed 10 PM.</p>

JUNE, 1956

Time	MONDAY—June 11th	Time	TUESDAY—June 12th
	<p>a late sunnily hining day I feel tired far beyond the cancer theres. up at 6:15 though I thought to stay in bed & then I, all the last night put Mass on till 7 AM. I put the whole day out & me too, though the bander about it at last was quite friendly from dang meals for the first time. Started inspection at 9 by foreing the par & making Jan chas. Got my words done, Jim didn't start her till 10:30. Nenele & Tabitha married at 10, we all went. Planned lecture 11:30 & found I must do Mary Jim's dressing. all to tape, I waiting for Jim to come & see it. Finally given her I.V. Methidial & I lopped off the remaining piece & can- pleated the amputation. A shink sucking job. Finished at 2. Gave patients juice & a letter from Vance to say to John all months in to come if I can. Radio strength increased today 5 times as operator said. Had to turn down the volume. Talked Jim about surgery. He awfully tired. To at Bannan tonight. I wrote to</p>	<p>I did not go to Mass. Got asked & found Betty Ann not calling. Felt quailed to let Jim go to Genov. & she is sitting to go. Packed & drove gift to ship, when Cessna returned. Bob & the Mc Call they dropped a note over Jim I put her down at Pop. O.P. inspection re. All is to 11. Told George K to go for holiday honorary & Nenele went today. Other breast boys in many calices. Leebred them let Jim off column - just plain fatigue. Betty off column, eyes, bad stools, a new complaint every few minutes yet tough & talk in company. Alan B. came re- turned. The whole village came along to welcome him. He stopped it. He looks better but diagnosis seems confirmed. Rest Lake Guild, talk & showed to Mc Call Hosp. Looking fine late dinner. Heavy rain & talked in M.H. all supper. To Mel. most interesting.</p>	

Vance home tonight.
Bed 10 P.M.

"Lactogen" is easily digested by the aged.

JUNE, 1956

Time	WEDNESDAY—June 13th	Time	THURSDAY—June 14th
	14-6-56		
	<p>Film stars today. Betty pancaking & burned an meat meals for Gran's fare well. Muddled day, it clinics. R. McCall took shot of entrance to Hosp. O.P. I.W. Clinic. Went to nurse scope. Burn making some Gran leeching, an of in P.M. wh. I fear will be apparent as a fare. I got in a leech & burned day. Gran off duty & doing odd jobs. Dinner late after phoning in to her house, worked. Glen Brunyan a bit & went to M.H. After where Laveret had supper & we talked all family late.</p>		<p>Gran went today. Eul got up to get to fast. All to then to fast burned & Laveret late. Gran & happy. Long week. Busy, sad. No leech but odd jobs prep returned 12:30. Lyle, who looks well. Just sitting down to lunch when Jim arrived pay Betty Aug. to John improved. Talkative late lunch. Saw Lyle & his X-ray. Short rest, odd jobs muddled day organizing meal Watch sent over some wonderful food inc. apples. Father presented the Bible to Laveret boys on the debate tonight. I did a few cards. Supper - Laveret sat it. Res her - Bed 10:15. Mail for B.A. - shoes & slippers envelopes from home & a few csh. bless them. Am deadly tired.</p>

JUNE, 1956

Time	FRIDAY—June 15th	Time	SATURDAY—June 16th
	<p>The weather is appreciably cooler. I am frightfully tired, mostly because of "firstaken" & eternal interruptions. I need sleep though Lorna helped a bit. Busy all day, chased round & round, planned odd job jobs. Made 3 radio - 3 today. In McCall, the party went 6:40, & I stayed back. It seemed a long day they planned. Lorna trying hard in 5 consecutions. But my hope her disillusionment will be gentle but I'm not good at letting people down lightly. Got little done. A man came tonight have almost done even report. Lancelot came to talk over things esp. was perfect for downtown. Bed 10:10. Too tired to be sociable in the M.H. Burns went to Gona.</p>		<p>A nice day off - quite off from fresh but I did lunch & dinner. Lorna did to fast & organized mine in bed. I read Frank Weston all day till 9 PM. up & did odd jobs. saw Patricia & Edwin about coming for 10th daily. Got letters after morning tea & got down off my mind. Got lunch over. Bob & Betty arrived. They slept at Gorkd & had a foggy, worrying departure. Got their lunch & mail - Lil writes that Mother progresses but Mother's note was almost illegible & nonsensical. Poor dear. Let's pay Miss C. servant of New York. Heard nice music tonight Hayden's London Symphony & saw Graham. He'll try to be bed at 9:10.</p>

JUNE, 1956

Time	MONDAY—June 18th	Time	TUESDAY—June 19th
	<p>A busy day, but orderly & pleasant. I did meals. Late inspection. Radio in. out. Lecture on T.B. Lunch, coop. up. saw the 2 before nurse girl & gave a pep talk. Carol & B.P. wanted a conversation. Bob & the Samara lass muddled it & heaps of other calls. I might make letters suffer. Men's C.E. Have no energy after dinner at night.</p>		<p>A nice day, no strains or worries. Up to mass. saw my pt. got on to cards. Lecture after morning tea. CM read more cards to Guild. Got Lyle to speak to them & everything settled in. The radio & spoke to the girls about the fight on the beach & there was a great discussion afterwards. Not everybody apologized to everyone else. A speech started untidy. E. sang. Lorna came up tonight as Mrs. M. Garry has given Lorna C. housekeeping. After dinner Lyle showed his plans, w. interesting & some of it is good. I am not in the conference next week for one brief glimpse. Misses children in Mrs. Pickers full of supper & catered lunch. bed 10 PM. Lined. I have been reading late.</p>

ERORO

JUNE, 1956

Time	WEDNESDAY—June 20th	Time	THURSDAY—June 21st
	<p>Woke in a feeling of a troublesome day to come. It came! My house- ing. Last night Betty gave me 2 days off to work at C. Swaled in his mother's garden. I told my after the fact, he flared & grumbled — obviously jealous. I think he wd. have settled down but Betty had another go at him & he flung off in a rage. No bread either! We had to manage. Mother made bread. Betty did lunch for me while I had a lecture. Father did nothing about it. Bless him. He went to Ennisk for 2 days. So I went after my. He presented at 6 PM apologized to Betty, got to work A/M. I did a job this A.M. Lecture. P.M. nothing but muddle & odd job. No inventory done. Tonight got a few letters written & sent some pk in D.P. Mr. Breece in, said he saw Jane in Moray on Monday, so she didn't get Saturday's plane.</p>		<p>a day of steady work. House is painstaking but a little wagner up to meas all the white stuff. 2 Vapours. To Copland meas- ured off with Mohr. Jim & Betty got off to Kansas at 8.30. Lunch. I did job, rather slow but pleasant. Odd job after morning tea, I sent Mary Jim's dressing. Left heavily at 10 PM. Lecture. After afternoon tea got some in- ventory done. Patrick in at dinner-time. Tonight a bit social & wrote some letter. I tried still. Found white ant in M.H. store. Working well. Truly dug in in this short while!</p>

JUNE, 1956

Time	FRIDAY—June 22nd	Time	SATURDAY—June 23rd
	<p>My housekeeping. up 6:30. Got less done than I hoped it was. Lot of interruptions. Lecture 11:30. Radio came to say Ray Shand's mother died on Wednesday. Bob returned as we were sitting down to lunch. Gave Betty. Father took lunch. giving odds. Ends. Bob took Lorna to Pop. rhymed. Ted quiet at dinner time. Lorna was thrilled to like. Dinner went well. Wrote writing letters for Sunday mail tomorrow. Ula changed her mind to go after I had got all her letters written for Maesly refused to go. I don't think Maesly wd. have helped the poor soul. Only got a bit of inventory done. I do get tired these days. Lyle's foot improving. & he quite thrilled.</p>		<p>Day off. I'm tired. To 4 am's birthday. He had mass at 7:15 but we are there & we are went. Late to fast. Washed head & sewed my dress. Didn't get much done. P.M. Bob went from Emili Wagona shopping under Bay to pick up Mr. Bunting to go to Pop. Dogana, Wagona, Pop. Emili & brought back some for the after. He is well but I think Big man got hooped up at 2:15. Slap up after tea. Mr. W. & Mr. Breese came in. Had it. D.C. sent TB food by land raver!!! took back. Sent Mr. W. & Mr. Bunting. I am bad sherry in M.H. & I refused. Must explain why. Late over dinner. Gerson's andia again brought. & it looks pretty hopeless. Urged them both to make their Con- fession. Letter from Elze, more easier bradycardia at Gona. Sending some through. I wrote her a letter at 10 P.M. May 10 & 5.</p>

JUNE, 1956

Time	MONDAY—June 25th	Time	TUESDAY—June 26th
	26.6.56.		
	<p>Was cold on Sunday night 4 blankets & a woollen rug round my middle. T. 99. AM, vague pain in sacral region. Asked Jim to do my job for me. Felt fairly well but glad to be lazy. Slept most of the morning in my couch. Read journals, a mail & got a letter off to the family. Dr. Murgison & Alan Bekan came back to Hoof at 5:30 PM & did not go to see him but saw him pass by the sketches & mob of silent women attending him. Katha im- pressive. Lorna said Chumay was coming in P.M. & just couldn't push myself into writing the necessary letters also in being off duty. Also here I thought John B. should stay. They sent through an SOS for Jim. Kathy goes to Logona. Lorna will be in bed soon. Hard on John who had said all his good-byes.</p>		<p>Cold again last night & glad of both T & 101. Alan Bekan died at 1:30 colossal crying & wailing. In day church was crowded for the funeral. Chumay a pain during day. in cont. Jim went by plane to Pop Betty & Bob to Logona. Why away morning for poor old Lorna has had the Pot. Mr. Schie & Mr. Malone E.M.A. came to see Weta things at lunch- time. I stayed to lunch & went 2:30. Still pretty wrecked about midday better 5 PM. On Ayresomycin. No definite symptoms but pain in sacral region. Malone says there is flu about but I have no URTI. The onset was gradual. Have only read all day.</p>

ERORO

JUNE, 1956

Time	WEDNESDAY—June 27th	Time	THURSDAY—June 28th
	<p>Miserable day. Temp low, appetite better but feel weak. I suffered 5 AM persistent neural pain. Took 4 aspirin within an hour & slept for ages after I awoke. Horribly hot but rather say the night is hot. Lost my dinner. Saw some pt. in my house. Luckily the place is slack!</p>		<p>Am feeling enormously better. I normal all day & hungry all the time. Got fried & felt a bit dizzy at lunch. Now decided it is dengue. Only one admission to hospital. Slap-bang thunderstorm in the night. More thunder today & over- cast, heavy rain tonight, but blessedly cool. Now don't come thru town & written to Fran. Lancelot came & stayed for about an hour this P.M. - nice lad. Neural visit from Lyle & Fran. My beautiful rubber puller has developed a horrid stale smell. Hops it goes when I am not using it constantly.</p>

JUNE, 1956

Time	FRIDAY—June 29th	Time	SATURDAY—June 30th
	<p>Not so well. T. normal but tired AM, more energetic P.M. Wrote 3 letters. Mr. Preece came in at 1:30 & an injured foot & had 2 radiis to send. Little Robert Shrank was sick & I thought it might be a meningi- tis as did our L.P. an awful headache. we could find the L.P. needles & didn't bother to mention it. We found them in a new tin - why don't people band over properly? - & then further delay for an aprymiz as the needle was a under CSF clear from to be. The effort made me feel better am feeling like playing again, & realize my prayer as for journal & abt. L. P. to talk to God & perhaps let Him talk to me. Nice dinner & present soup & a chuck.</p>		<p>Woke feeling a bit energetic but lost it all. couldn't be bothered doing a thing till 4 P.M. Just read. Wrote a couple of letters after Mr. Shrank came back at 10-ish & nice mail. Lil. Fran, Bishop Pat R. & P. wanted me to radi- about Loma. I sent a radiis saying 15.2. After praying about it I thought that was right. Lil. man outpoken about mother, it must be a strain. Out of bed every 2 hr sometimes. Betty came on 12 yep & Bob arrived at high time after taking a & T. Peter to Muesy. at 5:30 or so spoke into bag man came in. I went to see him. Feels will die. Bob Betty's T. here tonight, talking of T.E. Lawrence. T. → 99⁴ clear & humid tonight.</p> <p>5 to 10. The man just died Gordon's father</p>

$$\in R \circ R.$$

JULY, 1956

Time	SUNDAY—July 1st	Time	MEMORANDA
	Barthany to expectation have felt worse today. A few vague pains, T. 99.5, & deadly horribly tired. Father brought the Sacrament, & I had forgotten how being the only one increased the significance of every word & every part of the service. Just read, Layd & Layd right through till after tea, since then have written 3 letters. Bob not well, in bed today. Loma had a good lay day. A.P. the slackest in years, no new I.P. no malarias. Maine Co. Heavy, humid day.		Felt better

JULY, 1956

Time	MONDAY—July 2nd	Time	TUESDAY—July 3rd
	<p>Felt better. Did some job like A TV report & sent out 2 radios at 12:30 called to Hospital. Broken woman had had pains, one had to be resuscitated. The woman had a retained placenta & didn't respond to IV Ergometrine. Total loss about 3 pint. I did a manual removal. The was in good. Kathy gave an IV saline. I felt quite fresh after that & went home. At 6 felt cold then hot, then cold then hot & utterly weary. The old "pulsitabund" I used to get after TB. Have only read tonight.</p> <p>Gene arrived at 6 PM having walked from Bona. Letters. Fr. John has decided on his for Burns' new station. Gene had a nice birthday. Fr. Hain's visit to me was much more peremptory than usual — counter attraction! Don't suppose that he would make a match of it? I don't think so.</p>		<p>Felt rotten all day, slept heavily all night & after lunch. T up 97° 6. But this evening feel much better. Have read & rapped all day. Did a scrap of inventory & wrote on letter. Linda came to see me about food — she is to buy her own from now on. No mail — is disappointed. Finished Barrett's Tasmania book — interesting but he is rather a tedious old man at times.</p>

ERORO

JULY, 1956

Time	WEDNESDAY—July 4th	Time	THURSDAY—July 5th
	<p>Have felt much better today. Have had a will to work, if not much energy for it. Mr. K. came this AM a bit of pain & some headache. T → 100 brought which worries me as the P.M. must. Kemp should have subided backon (? Claxton) of Rana offered as medical but is illiterate. Two of our mine. Sent him home for 12 to think about it. John Beane to talk P.M. day. Kuberada people think about died of soreng. Gue has been in & out errands but not a soul came to see me apart from her girl Loma came at 6 P.M. I am had chain, Franchis tonight, I didn't. Loma Betty just brought my supper. Bob has got the engine going & are by & changed the radio batteries today. Merrill returned tonight, looking well.</p>		<p>Felt still better. Lazy but with a wish to work. Wet all day. A little station activity. Quite a lot of coming & going esp. by Loma. She really is a dear kid. Did some work, wrote to the Gonar. At 11:15 I can't hear that Pamarai weather was so bad for G.G. to land so he cycled the island & went back to Morechy. Much ado about nothing! Sent Bob a birthday radio P.M. G.K. back on duty & he & I sent out postcards for all the I.W. nurses. At night well all 9 P.M. when I felt cold. T → 99°. Am a bit worried about my non-improvement & went on V. medicine P.M.</p>

JULY, 1956

Time	FRIDAY—July 6th	Time	SATURDAY—July 7th
	<p>Last night my flareup was late. None tonight so far - 9:10 P.M. Have felt very energetic in mind, though more burdensome in body, perhaps : of this wretched neuralgic pain. Did order for a while till 5 to 11 now after but have got off the reports, some receipts & quite a lot of letters. Wrote to dear Mr. Charles. Slept heavily 1:30 - 2:30. Appetite still off. Rained steadily all day. Billy & Lorna gave up my suitcase. Sins to sleep but off. Bath. room, flooded the lot & more water than sand. Didn't even sweep it off till June made. Everything as damp as the hand towels smell. Bethy offered me anti-histamines & in Feb, 2, for old Lorna coughed the lot again.</p>		<p>Worst day yet. A lot of shooting pain through the eye, even through my sleep. had to keep it closed most of the day. Have had no energy and done nothing. Asks you to go over me, wh. sh. did & thoroughly. Only found a rose spot on lower abdomen & an irritated throat. 146,100 WBC 6,000. So what? Talk of sending a W. did out a Tuesday. plane. Heard a nice concert tonight & a glorious violin playing San Sebastian - it laughed the whole way through. Wrote 2 letters. Mother had a fall 2 weeks ago, was in bed for a week. I don't like it. I wonder if it will happen again. Not sh. is so changed. I feel that the real Mother is as dead now as she will ever be. My watch came. Bob went to W. gold, took Lorna who was thrilled. Bethy is a champion at neglecting me. has been to see me once briefly. as for Bob! - I think he is afraid of sickness or shy.</p>

ERORO.

JULY, 1956

Time	SUNDAY—July 8th	Time	MEMORANDA
	<p> In Copeland brought me hammer - a Papuan-like sedulously worked turning to a addressing the bed. I felt utterly weary all day & badly neglected. Near brought hammer & thing on came near me till Leran brought Perilli at 10-30. No one again came near except for Gato, & L. Perilli. Just 8-30 tonight when I am bathy from & you all arrived together in the middle of a heavy argument. I quite enjoyed it & have been feeling better tonight anyway. My eye less painful. I have used it a little. Heard some lovely music 9-45-10-15 then recall of B. David's burial. 11-15 heard Ballet music & an Ormond Coll. Professor on SCM who was a good. Bless the radio. Tonight my sent only 99 to sleep up. Just want to go to bed, alas! </p>		

JULY, 1956

Time	MONDAY—July 9th	Time	TUESDAY—July 10th
	10.7.56		
	Woke feeling much the same, but a new sense of feeling of betterness, as if the kids had turned. Good deal of pain in eye. I found tender spot on my scalp, so decided it was a virus meningitis, not an eye strain. Anyway I fed myself on Aspirin & hardly read as I pleased, and my eye is no worse for the treatment. Still no energy. T. up at 2. At 11:30 the Bpl. wanted a conv. & Bob & at 3:20 Helen wanted one & me. I was about 10 to 4 when we got through only by relaxing. W. came in with infant, but on that condition is for Bob. Gene listened in on his side & Bob said he would get Gene down last night. They left place at about 4:30. Food is awful but they are nearly out of everything. No one can be seen for pleasure yesterday. The Hosp. staff came for a talk 1:30-2:30. all seem quite happy but myself on Anderson's. Wrote a couple of letters, no work done.		Quite a day. Am definitely better. Think it is the Amnesia virus. Listened to 8.5 sales, & there was asked to come up & I wanted Bob for Samara. Took the conversation & Lancelot came to say Mary Margaret is ill. Just couldn't go. & I talking about the U.S. Ambassador visiting Rogers, no less! W. M. packed up. Still much the same, on O. Lessee Row was at about 8:30 but just got here at 11. & Dr. Gloria's board!! I had lot of things to see to, news pt. med. boys & Gene's unsanctioned visit - 3 sick kids kept her up all night at W. G. L. but she is not in bed yet 10 P.M. Dr. Gloria came to see me at 3. O. Log mail from all sort of places. I am. I invited to meet G. G. Bob will take us. W. accepted by radio. Have been reading a bit & write a bit but tired tonight. Marydora had her baby, it died, alas! not stillborn.

ERORO

JULY, 1956

Time	WEDNESDAY—July 11th	Time	THURSDAY—July 12th
	<p>Have felt on the way to recovery but not terribly much enough or affected. No one called in the night, except Dr. & I got a good sleep. I washed my head. Did some order in lib. the opening of the river, & all the kitchen stuff off, so everything is safe, but no one would. I am frazzled over my morning tea. I to M.H. for lunch, could eat much. A friendly chatty atmosphere but no personal touch whatever. At 1:30 Margaret died. I went over to the Church for a while but was glad to come back. Poor Frank. M.H. left at 3. A nice Lucas came, a commercial artist. A letter from Oliver! I think it must have gone astray, as he never misses. Have nothing much to wear on Friday. Washed what I have. Doubt if I'll go. Champion came, wants to go from to see a diving brother. I refused partly for August's sake. He talked of suicide etc. He is to quit & continued about it all too. O these Orokuanas.</p>		<p>Have had a busy & perhaps day, & am frightfully tired. Have been depressed, I think self pitying. O dear! Definitely in letter from Oliver. Dressed, had lunch in M.H. can't eat their awful food. Dr. Gloria came to see me, then Miss Lucas, a nice chatty girl. Interviewed & bagged off, oh, & said sad farewells to G.B.'s family. Decided I couldn't take a trip & am sure I am wise to stay at home. Wrote letters to the folk I want to see. Maikthali: James on holiday. John & Mervin to new work. Oliver packed. I am going tomorrow & leaves me a row of minds waiting to come off.</p>

JULY, 1956

Time	FRIDAY—July 13th	Time	SATURDAY—July 14th
	<p>Turning sense of relief that fine has gone over though I'm not anxious for the responsibility of the hospital. The family got off at 8:19 was sorry to miss it, but knew I was right. They came back at 2:30 suggested it. The G.G. is apparently a fine looking man immaculately dressed Mr. Wilson came in him. I didn't bother to dress. Chugabellie Wanda came in - shell fish passing this AM - in poor case a bit improved tonight. I did some orders. I kept pretty busy in odd, and all day. At 5 called to Ruby Long who called said she had a pain baby the other day, must have had an air embolism. Died in '56 in one of her own present. A heartrending premises 7:44 I went for Hector I wrote to Joan. I feel stronger but still get tired - feel tired all the time.</p>		<p>Quite a day. have stood up to it well. though I am tired. Called at 1:15 to Ellen in early labor. Came to bed in night on, called at 7:15. Bob already here. V. looks has not bad. Had to do a manual removal. prepared chair movable. saw. Back 9:30 didn't want much of food. Rested. read a mid and Mother improving again. Letter from Maiden C. has C. is a postulant in some French mission. Called to Hal H.O. worked in ship. Called at 2:30 to Kanequin man, who died at 3. Great plain fear of surgery I think. Ingot came in. When Breece talked to me for some time. Beth brought Bob back at 5:15. I had dinner in M.H. wrote to Bob. 9/19 have a complete rest now, then I can keep going. First person under improving. Letter from Bill Gray.</p>

FRcRo.

JULY, 1956

Time	SUNDAY—July 15th	Time	MEMORANDA
	at 10:30 last night called to Ajika abd. pain: tender. ribs. pulse slow but rotten, strong cold. Gave him Pethidine. Must be a broken. T.B. Today at 7:15 went to see Ajika much the same. Went to Ch. for a minimum of pain: glad to slip out after communion: rest. 3 meals in M.H. but they are so slow they are hard to take. Pretty tired A.M. but served my supper quickly at last & went to bed. After lunch a really sound sleep & felt much better. Had mil music A.M. & P.M. Ajika died 3:40 P.M. none of his people here though we sent for them. Finished roughing out the order before my bath. Tonight fell cold: T → 99. Stopped Breucampin last night! Tired & apprehensive tonight. Very good plain X-radiation.		

"Lactogen" is recommended for Nursing Mothers.

JULY, 1956

Time	MONDAY—July 16th	Time	TUESDAY—July 17th
8:30	B' fast in bed then up. to Hosh I suspected WS 1 & 2. Sam O.P. then glad to his down. Radio went wrong as I switched from Aunt to receive I couldn't receive from Bob heard her on his set I yelled the answer across. but at lunch it was prob. battery connection. in the after it was O.K. but I'm still was funk for a while. Did a bit of working before lunch. after after tea. Order at last ready for typing. Kathy sewed her dress. great covers. She is obviously ill at ease. in wh. I suppose explain her off- handiness. Yet I wouldn't think I was a withholding person. Wrote him & posted mail re fish. Porrian cases & glad to get back T. 99 again. Chantrea frankness.		Feeling much the same but T. 99 up. 99 at 2, 6, 199 at 10. up after I fast. did a round of 31 K. 200. I saw a lot of O.P. Father went on walkabout. I took 2 more. Bethy went to Enbi. pushed up Brene to bring her. Had trouble the radio - shaped the eye had put the transmitter out of tune. The school is having 3 days' holi- days which I think is all wrong, so that the teachers can go to Uruu for St. C's day. I refused to let 2 medical boys - can't spare them. Just after lunch I'll produced a baby in her house. P.O. I said he had a rest. did a bit of typing. Brene brought a boy Max and a girl. boy English seems hopeless. Interviewing him I would come that he had had her baby - a girl. all well P.O. a bit glad Lorna just standing back has not attempting to give Eng motion. Admitted 4 people. Feeling O.K. in spite of all that. So glad 2 babies came in making them

"Vi-Lactogen" resembles Breast Milk in composition.

JULY, 1956

Time	WEDNESDAY—July 18th	Time	THURSDAY—July 19th
	<p>Busy day but have stood up to it better. B'fast in bed. Did big A/N & Clinic. I saw fl. HLL 11. On the sched. Kammari asked to change the aft. sched to 2:20 - not so convenient. For soon after the A.M. one had we are trying it. Back in Hosp. seeing N.P. till lunch. Keel after. Did some working. Started typing order at long last. At 6:30. quela drama-bell went. Rosemary in laborn. In out of Hosp. over river. News 11:45, only 1/2 delayed. Loma sleeping in Hosp. The two don't seem to jump to this watching business. Loma is at time hopelessly stupid but so sweetly stupid in fact. Big to be angry. T moved tonight.</p>	<p>Q. kept 24 hours. up at 2 to Rosemary, stationary - good pains: up at 6, when there was some advance. Back to bed & is tired. No breakfast came. 4 bells, wh. I realized after must have been ring for me. But we are arranged for me to get up for b'fast. Finally went over in dining room. Betty not a bit concerned that they had eaten. I had not. Did round in Ns. 1 & 2, then R's men to. Imphred. Bob came in and a funny we are was there. The last was about a pint more. Then I liked it an lb of 60g. Bob good. Submed up a bear by 11:15. Betty did radio. 3 central malaria all in a row. Running to 1 p.m. till 2 P.M. fished 2:20, then had a rest till 3:30. J.K. & I trying to fix M.H. lamp. Marjorie came in in a 3" splinter in her foot. Betty notified me then she came out off in the night an apology. Left me to it. Ramon had running. Got I down by 5:46. Cesar came. They went for Bob. I had drama alone. The</p>	

really fell down in. Bet 2 P.M. No letter from John, alas! Ambascador trip went well.

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ERORO.

JULY, 1956

Time	Time
<p>1215 1101 SUNDAY—July 22nd</p> <p>Feeling better. Didn't hurry to Church. Had a cup of coffee got there after the sermon. Found it enough. Did O.P. in trap, admitted a few rats. Robert Shant, & then tried to have a payday. Got the order ready for posting, did radio work, such odd job. Slept after lunch. Deborah paid. I think a small fever. indolence. It is a great temptation to throw one's weight about. Lorna Hop she doesn't mind. Started a letter home tonight.</p> <p>Misty but no rain & we need it badly.</p>	<p>1105 1101 MEMORANDA</p>

JULY, 1956

Time	MONDAY—July 23rd	Time	TUESDAY—July 24th
	<p>Woke at 4 to 4. Ray Shant's get freight to Ken & packed metatarsal. Lorna took an apt to appear although the apt was chugging under her window. Got him to bed. - Murphy is up for after b'fast put it in plaster Got a sleep from 5:30-6:30. Jelly back, not with Bryan on home. hold job, didn't get to inspecting hell & it went on for aq. Fridge just before lunch. P.M. had a sleep, worked in dist. hell for Fred to canyon at 4:30 had a rest. Ward came from Gona letters brought. I spent evening fixing that, answering them. Working hell 10. Very tired & T 99° again. I get to irritability & can't find my judgment.</p>		<p>Decided to have an off day, partly to rest & partly to catch up on M.K. mail. A good few news pk. came trooping over to my house. Letter to F. Kendall both hell morning tea Radio misbehaved at 11:30 but O.K. at 3:25. I sent Dad's birthday radio. Had a rest P.M. didn't go to Guild. Writing letters to H. Van came to M.H. on crutches & sleeping there. Y tonight looked at some slides. Worried about food wh. wasn't last & checked on consumption all about board. Quiet today - not much, alas! - & Barnabas & Tele did not get away to Gona Tenth Arena just before 9 A.M. Plan did not come! Still had</p>

ERORO.

JULY, 1956

Time	WEDNESDAY—July 25th	Time	THURSDAY—July 26th
	<p>Dad's birthday. To transfer first work-day for ages. Still have to sit through a fair bit of the service. Not many there for St. James. Why I sharing today after yesterday's outburst. A/N Ching & myself, everyone coming late. Did quick round. Sent radio for more food to come on Chinampa. Got some cards done before lunch & brought. P.M. rest wrote a letter for M.K. Waiting for boat bell. Finally a bell at 5.15. Lovers. I went in jeep, a lot of trouble in starting. Went at Base B for over an hour & no boat. Talked to Mr. Stuart & drank beer. Finally the boy said it must be Guild bell! Got home 7.30. Late dinner. Wish someone had let us know of their delay.</p>		<p>This is the first day I have worked through & still felt fresh. I stopped just as I was beginning to tire. Every day but not a hard one. Long inspection. Asked someone M.K. had gone to Wambon & I asked Barbara for details & she is due here on Saturday! Also Chingampa. Odd job & cards till lunch. Had a rest after going to see F. You who stayed on his bed till 1.30. Foot aching. Javed & rain 1.4 - over an inch I should think & most welcome. Cards, equipment etc. I actually went to 1.30. Tonight made cards. Quite chilly. No Rays - but they could not have landed P.M.</p>

JULY, 1956

Time	Time
FRIDAY—July 27th	SATURDAY—July 28th
<p>Quite a busy day but not a scary. up to 67. Went to Mr. Wynn. Mr. Stuart sent radio re transmit. Nasty from exp. lid came in. Sunday admission inspection repaired the exp. Receiver patched out at 11:30. No sched. but O.K. P.M. Keriba of Koen came in & his wife in a old collar fracture. Tried to reduce it under G.A. don't know if it is good. They were fighting! Elkin in, had a session. Aug 1.4. He obviously want to stay. Cillian & I said his duty was to go to Koen as she is well. He appeared to quit in for Cillian came to Taffer. The Hilda (only read she is lip) came over? A-N. Can't be sure yet. Also No office work. Tangled did equip. went over & organized Etoho to go in Chumipa. Mrs. tried today tham yesterday. No Cessna yet.</p>	<p>30.7.56. Lut to 'fast' firewood wet after heavy rain. No plane in. Did a pretty complete round. On went W/C on radio. O.K. for us Mr. Wynn came in after searching for plane for ages. went to meet Chunginpa. Brought on food back. Cessna flew over at 12:20. No Mr. & Mrs. Loma went in. went to advice. 5 minutes Mr. L. pinned up! I got in 1/2 hr's rest before plane felt got in at 1/2 to 2. Loma had a lovely time. Made 2.9 on a new plaster. After her. Learned Bf. due!! Went to M.K. & Bob & M.G. came in just after. Paul George, got some snake p.b. 2 to right, & left to mission. But went back for + P. He well. shenful but we were a dull lot. Adm. p.b. & all the odd jobs. Cessna brought Mrs. Warden & small boy. M.S. brought 3 Dombria boys. all had to be fed with us. Got off to bed 10 PM feeling knocked up. No letter from Ather by either M.K. or M.G. Bf. says he is as usual. Mrs. Houghton gone to Samarai to have baby.</p>

"Vi-Lactogen" babies are not troubled with constipation.

JULY, 1956

Time

SUNDAY—July 29th

30-7-56

Time

MEMORANDA

my housekeeping. I decided
 that I would alright but to
 bring. Bp. celebrated in
 English! Good simple telling
 sermon. You won't see a still
 & later brushed his plaster.
 Busy A.M. seeing pt. & odd
 jobs. P.M. had a sharp white
 Mrs. Warren machined for
 us. Bp. going to P.P. so had
 to get to up-coast mail as
 well as bit & pieces of down
 coast mail. Jeff took Mrs.
 Warren & me to bring boy to
 St. G. 10 P.M. I got to bed
 quite late 11-ish. Given
 Lucas there, & called everyone
 by xian name. After a
 lot of this said she hoped
 I didn't mind. Maybe I should
 have spoken up, but didn't.
 Later referred to Pat as Dr.
 Lundin. She said for the 2nd
 time Dr. Lundin. "Do you
 mean Pat?" & I said yes,
 she is Dr. Lundin. She kind
 flushed, got the point. I
 felt rather a brunt. Don't
 know if I am imperceptibly old-
 fashioned but I felt sorry
 after.

JULY, 1956

Time

MONDAY—July 30th

Frank & Betty did b'fast. got
Lover off the M.K. 6:30. The 2
before nurses went for. Can
b'fast usual time, + I got away
just before 9 - 2 Lactogen bags
going to 1 of 2 lessons. He was
from last I appear. Got up in
day odd job till lunch. P.M.
cold + overcast so didn't rain.
For 4 an's plaster. Half job
yours home. Tonight did cards.
Blagom started in Disf.
Don't know how he'll shape.
on N.Y.S. - Goldrabs, trans-
meters + Taylors. Bob told us
on Saturday that Frank C is
the new Chairman A.B.M.
Great surprise.

Elkin asked (a had I en-
quired) that might want a
move + considering it.
Said men should stay at
their work when wives
have babies if all's well.

Time

TUESDAY—July 31st

Fairly easy day. Still get extra-
sensitive, a feeling of pressure on
my chest at times. Went to Church
this A.M. but did not communicate.
Prof. odd job, spent a lot of time
getting caught up to date, A.M. P.M.
Went to Guild. I have for weeks
dodged off in the middle for the
school. Back again. A lot of
absentees. Lorna lost my copy of
the office - she is hopelessly vague
about property. Actually wanted
a couple of frocks. After dinner
called the driver to vice main.
Susan Lake Bled - was at
Campfire for 1st time in months.
Went out after to ask if people
could communicate who can
late to Church, I referred him to
Father but suggested we all should
judge another. Did vice-pleby
of groups in David's spirit.
Kappa kappa, byrit came over
"feeling sad" - no cause to
know of. I tried to explain de-
pression. gave him a cuppa!
cigarette + some chat + got him
smiling. Am glad he came to
me, poor lad. Was 10:30
Frank Cecil left, alas!

ERORO.

AUGUST, 1956

Time	WEDNESDAY—August 1st	Time	THURSDAY—August 2nd
	<p>A pretty good day my housekeeping. Was late, ok'ed latel. Usual Wed. morning, did nurse work 11:30—12:45, amocbag & x in John Gaphel's store.</p> <p>Slept till 1 read till 2 to 3. Started on report afternoon. "Tonight. Couldn't push myself along tonight don't know why I am tired, but I have a sore throat. Read newspaper. Beastsly village pig killed. ate one of John's chooks.</p>		<p>Got worked all day on the plane. Betty to Bannan! back at 6:15 P.M. To Maas this AM. Got inspection done quite early—on number of 11. Plans sent new TBS & organized sewing for Pent before lunch. Slept till 10 to 3 quite heavy.</p> <p>A hot humid day! Everyone lay. Worked in the office on report. Nothing G.K. work and averages for me. Tonight did some more work & wrote letter to Pop. A dog killed 4 chicks last night in the chookyard. Met boys out to kill now. Elijah warned the village people. Father work do a thing.</p>

AUGUST, 1956

Time	FRIDAY—August 3rd	Time	SATURDAY—August 4th
	<p>Using new pen from L.A. A friendly day, spoiled by a feeling of something worry- ing just about to happen, in- grained for it. Bob & Betty got away at 8, & Bob not back. Betty's second trip to Bannan a wash-out, as no one expected her to come back and infect & had a look at poor old Robert to see how miserable a new pneumonia. Gave him 1.0 aminophylline wh. brushed him up. Wish I had more than 3 amps. P.M. had a meeting typed. wives did not repeat E.sang. Muddled evening work to Marie saw Lomas no energy for more. At 9 P.M. got a report that Ronald of Pangani brought his wife to Base B & wanted medical boys to carry her up. Message sent this after. Shouldn't found a series & other Pangani men there who could have carried her up. 4 more chickens killed by Boudin's dog & the boys kept watch tonight.</p>		<p>Decided to have a day off, but Hospital decided otherwise. Old housekeeping. Had a tense, worried apprehensive feeling all day, but relaxed tonight looking to Bethaven. Suppose it is P.M.T. Washed my filthy head, old job got on to my green check dress. Called to Hospital to new patients numbered since Mrs. Wyman to morning tea. brought an black palm: very decent of him. Tomorrow went for a picture by herself. enjoyed it. At 11 Ochea in labor. to floor pains. To see her several times. She pushed a babe out 5 morning at 4.10. the other 10 to 5, got about 5.1 & otherwise did beautifully. Am so relieved. Thank heaven for U. Ergonectrin! Late for E.sang. Tonight heard a sawney (given in Melbourne in May.) sewed, got patches ready. Went to bed 9.30. & tried in spite of a good rest P.M. Win says Mother is weaker. Mrs. Mak F. says Dad & Mother are the oldest couple in Australia?</p>

ERORO.

AUGUST, 1956

Time

SUNDAY—August 5th

Took today more or less off
as yesterday was not much
of a rest. up & got a cuppa
& to my surprise Lorna
had out. Was over before 8.30
Prarie M. Did a round.
Robert looks much better.
Eric want to go to the village
to my house after morning
tea. Have done Venelette
mended dressing gown & little
else. Slept heavily to bed
to 3. Sundry P.M. coming
for inspection. Naphthali
James returned tonight & Cas
ton came all smile ready
to start. Feel by must have
his chance tonight wrote
local letters & saw patient.
Have a bit of a cold & Mrs
Kelly came at 5 o'clock & sang song
series & 6 baptisms.
Naphthali & James returned

Time

6th MEMORANDA

Many Dora came in last night
is sick like a fool & did
not notify fr. She died at
to 6.5 & not a soul to look
after her but Laban. Ingot
a couple of Kureseps. They
took the body to the village.
Could not get back to sleep &
went to Kureseps & rang for
a sleep. Feeling tired &
rebellious over all church
service. Cold getting heavy.
Had Kelly headaches & &
bel. up. Irritable & suspicious
O.K. but Lorna got dozing over
high & dreaming. Seven old
job. All lunch. Fr. not well
but seem O.K. tonight. I slept
heavily after lunch. wrote
letters talked to Eric & tonight
wrote home and 1 W. Hept &
micro slide. Depressed &
apprehensive - suppose it is
only Mrs K. Well day good
steady rain. No sign of
Bob. Letter has stranded
post so his holiday off: sending
Nephthali instead.

AUGUST, 1956

Time	7 th	MONDAY—August 6th Bank Holiday, N.S.W.	Time	8 th	TUESDAY—August 7th
		<p>rammed. To Guld gave them talk on prayer. Relda turned up even though under discipline. later time. I met by then some was writing & skipped T's song. Tonight did odd job. Betty had a party for med boy. & success but I went & unwillingly hanging for bed. Helped & duff Benson behaving queerly & afraid in mind. I feared a bagman bag but he looks well, pulse strong at 64, & humming as soft and famless as butter. Saw him mouth q'u. Bed 10.10.</p>			<p>my cold heavy, & it is one thing after another heat hell after it, & couldn't sleep - cold & sneezing, wakeful. ref for bless of the Holy Name. My house keeping. Garrie came after I fed & news that Eric is coming home the Kamequin sovereigns. I passed the matter to the many prayers to the Holy Ghost to spend us all to be there so little about I. I feel it must be faced vigorously. I went to see Eric & his. I hope got somewhere. I defecation, and saw writing in my house. Mr. I. came from strip. Straight Bob who skipped in at school. Mine to send radio. Had my first looking since June. Bob thought main on. From Jan from home, apologi ing for last letter which had struck the wrong note. She was miserable & allergic rash but I cleared in Tas. May say W is now fried. Then Lil. I think it right to skip Melbourne, & go straight home. Very perhaps rest up, down to patient's radio or. Bob had a conversation & I [to Wanda]</p>

ERORO

AUGUST, 1956

Time	WEDNESDAY—August 8th	Time	THURSDAY—August 9th
	<p>told out of my nose in my branch. Feel much better. Called to Benson at 7, much as before. Dull, drizzly day. Got inspection: A/M done by 11. Radio receiver went off during school, O.K. P.M. Had a lecture, gave Lydia a pep talk about being out & permission, betel. will do. I think the lad is still disturbed within himself. P.M. did cards from after tea 1.2 to 6 & again tonight: also mine. I wrote to the Palmer. Bob goes to Pop, Kokoda, Logona, Komoras. Frank goes & Betty to Pangani tomorrow. He is still. I think packing for M.M.</p>		<p>I don't know if Fred is make me depressed or vice versa. Not a strenuous day. but a muddy one. Bob went before 8, went 600 miles & flew over nearly all stations & the Bp. took to the Comptroller's Logona open Darga country. Then back here 5.20. Bp. wrote to me about future of Mrs. Redoe however now by this sort of thing. Betty packing for walkabout but didn't get away. Wrote to bed for dinner. E.A. 1.2. I did inf. Rodd. Madly Nene. Jim arrived & we had a supper: then 10.15. Mine to see them. Madly & well. They got away in 2 weeks at 1.10. I on odd job, & talked to Jim who is keen to do something medical for the. Had a rest, & then. Lecture 2.30. Tired much worse. Jim came after lunch to talk about him & money. People took him to school 4.15. Poor Jim. did his plaster. Talked to Jim & he then found he is going to Pangani.</p>

When Maltose and Malto-dextrin are indicated prescribe "Maltogen."

Komoras. Wrote letter tonight.

AUGUST, 1956

Time	FRIDAY—August 10th	Time	SATURDAY—August 11th
6:30	found my c/o no fire wood cut, told him to cut some & he said he was going to Ch. I was in a dull mood resentful frame of mind & tried to pray my way out of it. Reading too late last night. Came already found my already cut in wood fire going. All well. Very Nat. part of inspection. odd job Betty. Gene left for Chicago at 11. Evident at 5. They went just after his funeral left the Church awfully sad business. Nada lecture & saw 6 of the TBs AM. PM. Slept after lunch. feel better. Wrote to Gram & Hugh. Took mail to MH to find sufferer in progress. Laurence. Randall Ther & Beethoven's Heroic Symphony. Now to bed.		Day off & a nice peaceful one & a spirit of my prevailing blues & enjoyment. I. Some sent me to bed & I slept till it came. We were called to Debar at 2:15. Dressed my dress most of the morning & only have the hand-sewing on hem & belt. Good sleep after lunch. Not at 4 PM. Bob & I went for a swim in the river that refreshed body & mind. I sang. Tonight heard a glorious Brahms violin concerto. I filed letters. Bed 9:45. Letter from Lil: says Sept. 2nd will be last chance of Communism. Dad, Mother, I, Win. & I am glad I will be there. They loved King. Gram, who missed her plan to Hobart!

ERORO.

AUGUST, 1956

Time	SUNDAY—August 12th	Time	MEMORANDA
	<p>my day as in Hosp. 1 house Father opened up his heart in sorrow & gave them a lot that had come out in our con- versations. I'd inspection by morning to, then saw TBs. Rested till 3, did cards. Mr. Wynn brought in the jeep for Bob. They arrived at lunch- time, went after after tea. He is wrapped up in that kid. Got dinner ready for the Coplands, the Reynolds, the Mera Beane, arrived at 7:30 after we had finished I was giving the food to the mission kids. Passage of arrived. Sister who refused to go to Hospital. Mission boys public opinion was the day. Bless them James has decided he must look after Doran's family & leaving medical work for a while. Let's see Lyned to write to Fr. John about Lamas, just couldn't think. Bob said something we should see Betty resented my staying in my house when I was ill.</p>		<p>probably explains her apparent neglect. Must try to have it out with her. In spite of a worshipful Mass am feeling depressed & nervous of myself. Want some talk with a dear familiar friend - perhaps the family will fill the bill.</p>

AUGUST, 1956

Time	MONDAY—August 13th	Time	TUESDAY—August 14th
	<p>Terribly depressed today up to Requiem Mass for Eric. I had my cough has lit up again. Got inspection over early. Because people lighting a fire for a hunt. Most of the med. boys went off for Lepetapo day. Radio in Samara off for a while. But got a request from Helen to go to W. gile on Wed. Bless her. Am longing to go. Saw only 1 T.B. 11.45 slept. With Fielding brought Betty. June back & got them a late lunch but Mr. F. drove straight off. Tomorrow I came & thought professional. But it was socially to see me. Am to go there on Sat. She stayed. Talked till 5. Anyway I got my hair done up. Adv. a patient. Tonight have written letters.</p>		<p>Still depressed, especially at the beginning & end of the day. My housekeeping. People frightfully late for meals. Should have been a day for getting job done. But it was an eternal muddle. Betty & June went to Mr. F. to Enbi to do B.C.s. Had to bail syringes when they should have been taking bi-fad. Then do same. Wanda kid. Fawcett. Mr. I wanted. Mr. W. brought them back at 11.30. June's inspection. Lots of time spent waiting for things to be ready. Dressed my new dress at 12.30. Bought pinhead & right off to 1 pm. Enbi. Bird radio. Tony made tea for me. Bless her. Sick. Meningitis came in. June did L.M. cell count - something colossal in the 000s/cc. To E. sang. After dinner sat on linen. The 2 girls started English classes at 1.8 P.M. i med. boys. I fear little preparation for semi. Bob has some lovely Kodachromes of the Highlands. Sent papers tonight. New mail - letter from Bob, 1 from Mary Garrow, 1 from one from Joan Rep.</p>

Time	WEDNESDAY—August 15th 16.8.56	Time	THURSDAY—August 16th
	<p>Woke a day. up to the naval job. Did a full round of gun, then H/W. At morning tea asked Bob ETD for W/gth. Somehow I suggested a leave holiday, return on the MK. Thought it over, June was willing + seemed to care. The prospect was a tremendous relief. Gave a lecture, after lunch packed + banded our Guild things to June who has cheerfully taken it on. Left Eros 10 to 3. The relief of getting off the station was great. Even the dear little Gessina makes one feel her harnessed power as she rows up. A lovely trip over Mission Bay, Eros, Pangani, turned inland before Bendoroda at 3500. Over the streamy, dreadful swamp country. Most interesting. Reached the side of Mt. Ntchanga, well there! Every one then to see us land. Helen pleased to have me for 52. Luffa. Saw Bob, KS off. Saw ph for 1 hr. To song, bath dinner, sat + talked whole evening. Such living seems strange. Fany a tall quiet girl. Bed fairly late. Helen looks tired. Very rough trouble. Some</p>		<p>up 7-30. Wakes in Reef 11-15, seeing a pair no. of patches. Told Fred + got much more tired than I thought why. Had lunch (!!) at 4 to 1 day down. Slept heavily for 2 hours while Helen had school. Then a cuppa, she had a bit of a rest. I cut out a new dress off on hill tonight + started to mend some dresses of Helen's. It is so pleasant here but kept to go. Helen, I got a radio to Gram for her birthday. Some lovely park which the Kingsford sent the gave them. Glad to get to bed 10 PM.</p>

AUGUST, 1956

Time	FRIDAY—August 17th	Time	SATURDAY—August 18th
	<p>up to Mass at no particular time. Nothing happens here at any special time. B'fast (saw ph) felt beautifully done at 9:30 & so went off. Left at 11:15. Realized after that I must be the 2 doses of penicillin. Can't be. My cough is improving but still is a trouble. Also have vague neuralgic pains in L ear & both hips. I was the R. Head. Dressed up. Lunch served afterwards. Helen's dressers, my new dress. Shopped. Helen's old chaffintha of a machine. Tonight did with E's song in the park, late bath. Denies. Every one seems to have had stacks of business today just like Saturday.</p>		<p>Left at 7:30. Late b'fast, saw saw ph. Had 2cc Penicillin to try. 'g' rid of my wretched cough. Yay Helen. I had off for Kingfield. Left at 11:25 (true time). Pleasant walk but hot. Pleasant day. Mrs. K.S. is cheerful, bright. Love spot in deep bush. We had a huge lunch — the largest pork chops I ever saw. That preceded by beer put in off to sleep. Late the estate, a patient, after tea. Left at 5:30 for home. K.S. kids & friends are on the whole well behaved. One of them broke my sun-glasses. We got home in the dark & Fred & Hal ate little dinner. A came in later for his. I skipped E's song to have a bath & have puddle round till now. To O. Helen brought back 2 dear little kittens.</p>

Sufficient organic iron now added to "Lactogen" and "Vi-Lactogen."

AUGUST, 1956

"Vi-Lactogen"—the "Ready-Modified" Infants' Food.

AUGUST, 1956

Time	MONDAY—August 20th	Time	TUESDAY—August 21st
	<p>Have felt better today than for many a day - energetic & interested in the work there was to do, not pushing myself unwillingly. Saw Jb till 10:30 then sewing before & after lunch. Lf - talk to nurses. Had a sleep. Men came in & ready cut through index finger, helped Helen fix. Sutured & plastered it. Radio came saying 7 Europeans & 3 2-captives M.K.!! Yay, I will make q. sent a radio to Bessie telling her of Yay & me. Bath & sang dinner. Tonight talked to Helen about supplies a bit of sewing on Yay's machine. Bed 9 P.M. Helen is fixed. The new kittens are dear wee things.</p>		<p>Up for mass Englishes. It is good to have a sense of relaxation & freedom in service. Lunch 11:15 - Helen. I went to the beach Dispensary. Pleasant walk & talk saw a patient & two returned via the swamp. Very messy walk. Pressed my sewing. Lunch, sleep. Talk of making bedding go round for all the guests, I made 3 sheets on the infernally slow hand-machine. Worked to the Bishop's the 2 doctor. Can't get rid of the feeling that I will finish myself at Dogua. It does look all hopes as if Grace & I can't continue at Eros together. E's song dinner. Just puddling tonight a bit of sewing a bit of knitting too fixed to settle to work. Bed 9 P.M. Cold, caught much improved.</p>

WANIGELA.

AUGUST, 1956
WAN - SE FOA

Time

WEDNESDAY—August 22nd

A muddy probably day. Slept in bed all day. He was the other 2 I suppose it was the weather. Got up at 10:30 then fixing net & beds. Fay went to the beach after all, returned to b 6 saying no boat. Radio said MK ETA 5 P.M. He got in at about 6, the tractor brought some up. Got the Kemper Mrs. Hedden, Gene on board. Mrs. Smith & Mr. Glover didn't come. Fay went to bed 7 P.M. after we had had our dinner. Lots of talk. Have written to O.J. Atkinson. Little else. Humid day, wind a bit dull. Rain now & then.

Time

THURSDAY—August 23rd

24th

up for mass, b'fast & away. The tractor wouldn't work so we walked. Got away at 10:10 after waiting on the beach in the rain. Visiting from Georgia. It worried for a while. Tufi 1 P.M. & head up to Chunguipa. Saw the Tufi people. Lefoa 2 P.M. Resse met us. I hadn't thought to talk of Lefoa hill till F. Ken came ashore. We got a chair for him to be carried but he walked up the worst part. Lays pleasant time at Lefoa. Lefoa asked me to call him so. Everyone helped & drinks. Baths & dinner late. Examined L. & he has some dullness in R. probably had a pleurisy. I got to bed at 10 & tried. The others were later.

SEFOA-ERORO.

AUGUST, 1956

Time	FRIDAY—August 24th 25.8.56	Time	SATURDAY—August 25th
	<p>up before 6 + helped to 'fast' & missed St. Barty's Mass. Met night. path & slippery. Bessie wanted a check-up before 'fast'. Got away 8.15, & quite a good trip once we left the bad patch on the fjord. A water pipe leaked! we had to travel slowly, so got in at 4.30. Then the truck wouldn't start. Mr. Wynn drove us up in the tractor. Everything late & topsy. Quite a welcome from the boys. Got my mail read. All 150 at home. Tom Wardlaw died. Bob was at the funeral. Fred wrote giving flying prices so wrote to Jean, Bob, Mary, & Charles. Lester came to see us about holiday & had a long session. Then Lancelot & Bruce over this sharing of money. Bruce tried to get out of paying & was very shamefully agreed. To letters at 10.30. Also had a long session. Clarence was most rebellious. Bed 1 AM.</p>		<p>up 6.15, Genie & Jim Warren got off soon after 7. MK people went to Natabu to wait for MK. I was waiting at Base B. I think Father must have been vague though he said he sent a lot of damn George will be upset. Father was too. They got away at about 11.30. I had a busy day, got a lot done, but lot more to do. Nice to be free of hospital. Getting correspondence done too. I think Jim is rather dreading taking over from me. It is hard to hand over clearly & completely. Lancelot came tonight to talk about letters, & buy books. Stayed an age. Nice lad. Said he had not told Phoebe he would not marry her. I suggested that he should even though it is contrary to their custom.</p>

ERORO

AUGUST, 1956

Time	SUNDAY—August 26th	Time	MEMORANDA <i>from 30</i>
	<p>up at 25 to 7 To kitchen to find W in a low, all behind. I helped her wash up. She is slow. After church asked for volunteer helpers. Wain willingly offered. will stay on for the holidays. This girl got little done after 6 p.m. & at morning tea we had the 2 Papuan friends + arrive + in came the Norwayless. Fielding Mrs. M. to see me - very nervous. 2 thyroid + frequent. Took till lunch time. Will let both thing but I should imagine they both find each other hard to put up with at times 2 met kid. After lunch + left. Mr. Wayne in for kid's injection. Wrote a letter, did quite a few job before 5 p.m. Tonight did W's laundry + work supper + washing M.K. letters till after 11. A while to trouble same. Happier - or I should say easier - relations with Jim + also + Betty who put herself to bed at morning tea.</p>		<p>Don't think she knew me. I had had a worrying day + was very tired. Mother hardly at any tea. Very helpless in R hand but feels herself. Her speech always slurred, hard to understand. She went to bed at 7. Wonderful tea + tomato soup. Sunday steak + Paulina. Much talk after. Mother was in bed. Bed at about 10. Alf's mental state infinitely improves</p>

ERORO - ~~ROR~~

AUGUST, 1956 PORT MORESBY

Time	MONDAY—August 27th	Time	TUESDAY—August 28th
	<p>Have got through the day's job well. Went 12:15 AM. Did housekeeping. Radio misbehaved & had to borrow Bob's to get 3 messages out. They will have to send the receiver to Sam. Saw TB for & discussed them. Gave Sam Jackson. Tom about receiving their crosses next Sunday. Finished handing over to June by 3:30, all pleasant. Had a short rest. Long came for an hour. Pleasant chit chat but took a lot of time. Got to packing 4:30. Got letters finished off tonight & then supper & packing. Bob seems to think I am upset about not going for Lesana, & is much on the defensive. I am disappointed but not upset. I am doing a clever shadow "operating" at moments but tonight.</p>		<p>Up 6:10 to Mass. Ready for job at 8 AM but found it hard to get into my shoes. Betty came for Emili Alaine & kept us waiting. Anyway waited for the plane & got off 9:25. Sat in front of Frank. A pleasant trip up to 10,300 ft. Unusually 10:5. Put on uncleanly 11. Lyle at Reboyn a lot of talk pressed same clothes. Lovely lunch, & Lyle stayed. Had a good sleep. Then took a drive to DPH, I got registered. Funny semi-formal business. Had a supper. In Reboyn, saw Dr. Todd, then Joan who took me for coffee. Mrs R looks much finer. Back here 4:30 for bath talk. went to June after dinner to see Miss Matthews who has had a breast amputated. looks rotten. When arrived then after talk in 9 to Reboyn. talk & supper. Went 11 PM. Mrs R. family well. It is hot & clear.</p>

"Lactogen" is recommended for Nursing Mothers.

PORT MORESBY - SYDNEY AUGUST, 1956 SYDNEY - SCOTTS DALE

Time	WEDNESDAY—August 29th	Time	THURSDAY—August 30th
	<p>up at 6.15 to Mass - I was though I was the only congregation saw the plane for the new St. John's - odd but practical. Went to Kennedy at top & packed. After 6.15 got my permit to re-enter the country posted letters & looked in vain for Chinese curries. Met Bulob - it was lovely to see her coming in - & saw the Bull Gills. Also met a Mr. Meredith - family came to join LMS from Friends. Got away from Mass at 10 to 12, from Jackson's at 1.30. Graves on board - & chatty sat next to the Panganduan of SDAs & cantans. Gave me the window seat. Lovely trip but a lot of the coast clouded. Breakfast 7.30. Breakfast easy. Mr. & Mrs. Langton met me, & wife of them for Hawthey rang up. Dinner I left at 9. Sydney 11.35. Lights of B'ham & Sydney lovely Fred met me in a car to Ray St. L. & pleasant coffee talk bed. Had turkey for lunch!</p>	<p>up 7.15. Bath & fast hygiene came in. Also Brian, who has aged. I. has grown a lot & is attractive. Later Elva - Jimmy came. Fred Elva. I went in a hired car dropped me at Masses 1. on to Town. Rang Chairman ABM, who has plus talked to his her who doesn't think we will get the full allowance. As I had to pay for to Well. asked for refund for Fred. Mr. Went in a jet vision flew at 27000 ft. at 7300 M.P.H. Wonderful view esp. of the flooded Murray. Well. 12.20. Jan. Sir Miss Thompson, Mary H. & Charles later to meet me. This is lovely flowers. Lot of talk, lunch. From Mrs. B. & Bob. Jan is well. Off by ANA - 2.15. & met on Tas. I & cold. Got to W.J. 5 to 6. Alf was there. Lovely trip home in spite of rain. Alf has gained 10 in lost, not I know that W. is thought never far from Mother arrived at 6. Lil father but life less poor dear. Dick changed little mother like a child. He hardly spoke a word but she went to bed</p>	

"Vi-Lactogen" babies are not troubled with constipation.

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[back to prev. page]

Time	FRIDAY—August 31st	Time	SATURDAY—September 1st
	<p>B'fast in bed after 8.30. Lil is over-feeding me. Messed about in unpacking, digging out warm clothes. Wet cold day. Dad & Mother miserable. Slept after lunch: H.W.B. I read up the sheet to my much needed suspenders. These piles of tight-fitting clothes redder & irritate the skin than several people I know & have lost the anti-social phobia I had last time. Saw don saw mending & fixing. Dr. Grounds came to see Mother, considered her prognosis, & prognosis grim. Really the affairs here are pressing so much on Lil that one doesn't feel at all. Poor Mother is only a little with us, though this morning she knew me & smiled radiant at me & said "my baby" tonight more than she has been.</p> <p>Tonight have tried on a stack of clothes as in hospital me, a skirt from Gram. Bath & bed.</p>		<p>Breakfast in bed again & up at 10. Nice to be lazy, but this must be the end of it. Mother weak & droney but up & dressed. I had to hold the cup for her morning tea. Did odd job & some sewing - off in all day & win. I have a dress & a skirt wearable for me. At dinner Mother ate her first course then wanted a little. While we were carrying her to bed she collapsed. Looked waxen & cyanosed. I rang the bell while the others got H.W.B. & looked her up. He was here in two minutes & she had improved though still badly cyanosed. He thought it was a coronary. B.P. 110/80 had been 180. He said the outlook was grim. We sat with her all the after. She perked up a lot. Tonight rang Norman & Irving. Have to notify Oh. Ella at St Helen's. Wishing to the other tomorrow. Heard some nice music tonight & played father. Mother woke just now asking for Walter & not Dad, but the young man she married. Ann at call tonight if Win is having a bad time but we gave her 1 gr Phenobarb.</p>

SEPTEMBER, 1956

"Vi-Lactogen"—the "humanised" Infants' Food.

SEPTEMBER, 1956

Time	MONDAY—September 3rd	Time	TUESDAY—September 4th
	<p>A very wakeful night for both Lil & me. I gave mother 1 gr. Phenobarb at 10 & another at 5. & she slept on till 10. Much better when she woke, but dozy all AM. At 3 she vomited & thereafter condition much poorer. Dr. G. came at 8:30 & again at 5. Lots of phone calls. Telegrams & letters to Fred & Alf. Fred said he won't come. Ok. Alf took the mob to Bradford for the day & after they had gone Lil for one afternoon created the quirk. W in washed the s. in. I did sweeping. Lil & I did mother. I ha room. After lunch Lil & I had a sleep. I in the glorious sun. Last may by now realized that she won't get better but I don't know how clearly. Have written to Len & Jean.</p>		<p>a better night. W in. I in study. Mother was restless from 2:30-4. Otherwise good. Condition poor AM. We all had Mass in her room. She could scarcely swallow the elements. The Reg family decided to go. Mother very cyanosed during sponging & poor all the AM - took 5 little fluid incontinent. But PM breathing, color better & a little nearer consciousness. Waxed up AM. In was PM looking well, bless him. I went to see Little who will help if necessary. Lil stung up but said she felt the tension less tonight.</p>

"Vi-Lactogen" is indicated for feeding of premature babies.

SEPTEMBER, 1956

"Vi-Lactogen" is particularly suitable for supplementary feeding.

SEPTEMBER, 1956

Time	FRIDAY—September 7th	Time	SATURDAY—September 8th
	<p>A wakeful night. Talked to Win for ages. Couldn't sleep up to change. Mother tried teaching me but today has taken 3g of fluid. Edema increasing. Little fingers on patch on nose extending. Her breath rather foul. I fear that she may live to be unsightly. Dr. S. came & we agreed that tube feeding would serve no good purpose. A wet miserable day. Got washing done, put through Maud's spin-dry. The Dry-Cleaning place dried them for us very good. Linds had a troubled day after dinner. Played derabblu after evening. Washed head. Got no exercise. Can't settle to any work. We all read in bed. Anthony rang up at midday. Phyllis' lunch is good.</p>		<p>9th Fairly good night. Mother 15g. Did not meet anyone all day. Took barely 3g fluid. Lil. I sparged her. I got the washing machine going & put a good bit through. Got it nearly dry in spite of rain which was pretty constant after midday. Had a sleep & read after lunch, then read till I finished Peter Jackson & at night played pakems. The kids went at 11. Numerous phone calls.</p>

"Lactogen" is easily digested by the aged.

SEPTEMBER, 1956

Time	SUNDAY—September 9th	Time	MEMORANDA
	<p>Slept in my room, & Lil insists on bringing my breakfast to bed. No church: Synod Sunday. Joe went to Derby & saw Pat Gault at church there. I got up & Lil & did Mother. She was 15.9 but st. cyressed. She lay on her back & it was blue (bluer than usual) & mis-shapen. Through the day has developed blotches so we are in for trouble. I came at 12, looking tired. Had been up since 4. Ordered Absolut which I gave 2-buly 3^o. Some flushing as a result. He came tonight too. Did washing & got it dry in spite of showers. High cold winds. Did flowers & odd job. P.M. sat over fire wrote letters & read a bit. Dad chivvying & cold. Hop. he's not in for something. D. came again tonight. Mrs. Tropp's came at tea time. Everyone & good bringing cakes, etc.</p>		

SEPTEMBER, 1956

Time	MONDAY—September 10th	Time	TUESDAY—September 11th
	<p>Mother much worse tonight. A good night last night as usual. At which the same A.M. Waking up a lot of the morning. On Tuesday T.D.S. L.I. W. in did the washing. I did some cleaning. Dr. came at dinner-time. Mother's hand dreadful i oedema - phlebotomy. R foot blackening. P.M. W. in. I shared the washing. I printed up the dress began at Wigels, & sent out another in front of fire. I printed it ready for sewing. Dad dravay & off-colour. wanted his dinner as well as last night's tea. No pump. Letter from Joan tonight. The seaver melbourn on 25th.</p>		<p>Noon till what a birthday! Mother had a quiet night & was back to yesterday morning's standard today. But she is losing wt. her gangrenous spot are increasing. Though her dreadful R hand is still unimpaired. She has only taken about 3 sips of fluid today. W. gave her polaroid glasses. I miss her. Sunday people sent cake-cream puff from Phyllis Winch. Did ordinary job & got on to the washing in full sun. Had a read & sleep after dinner & served some more. Went up the street & did. Tonight did some more cutting out. Dad shivering again tonight & wanted mightily as he drank his supper. Very doped. Even so the old man wanted to put out the fire & before going to bed. Told him I would get the doctor to see him tomorrow. All hands to work cleaning up the mess & getting him to bed. Mother looks dreadful too.</p>

SEPTEMBER, 1956

Time	WEDNESDAY—September 12th	Time	THURSDAY—September 13th
			<p>We are all tired Lil only slept 4 hours in spite of Menbital. He did the washing this AM before we woke! We in just through all Mother's woolly clothes after, & we got all day & missed a lovely day till insisted on my having to fast in bed. All busy all the morning, & no apparent shrinking from working in Mother's room clearing up. Dad feeling better. The undertaker came at 11:30. Dad & emotional, who dried up the emotion of the rest of us. I sent a radio to +? Lots of telegrams & phone calls. Went to Walker to get Mrs Menbital. Dr. G came to see Dad, found nothing wrong. Tonight couldn't settle - none of us. Played cards & read a bit. Lancel Strickland suggested to all that Lil go in there next week on a 3 1/2 car bon of Vic & S.A. We do hope she will go.</p>

Use Maltogen in place of sugar on cereals and puddings.

SEPTEMBER, 1956

Time	FRIDAY—September 14th	Time	SATURDAY—September 15th
	<p>Emotion is very wearing, we are all very tired. The Requiem was very good - 13 present - last is perfect. He has aged a lot these last few days. He was hopelessly fat, in trying to get him ready I forgot his hearing aid. Fr. MacFether conducted the coffin to the house at 10 to 1. Elsie Salter brought flowers from Anthony, offered help. People are good. Got away to Town at 5 to 1. Perfect day. Lot of Robert Biggins (and 4 da!!!) there, Charlie, Melbie, Grace, the Langford Sisters, Fr. Atkins, Fr. Palmer, Frank, poor Edith is upset, when Dad broke down she did. She was so moved that we used the nightdress she gave. Flowers beautiful, many. Dear John a pall-bearer. A weedy boy. We went to Town for a few jobs, having a supper at Munamara. Here at 6. Lil looking fragile. She said today was like Good Friday after Holy Week. The Stricklands came in tonight, did the washing & think Lil will go. She looked day but obviously much attracted.</p>		<p>Lil says she slept well & sedative. Dad too. Dad has been so good today pottering round the garden, being considerate. He doesn't appear to be fretting. Lil insisted on giving me breakfast in bed. We did load into the routine job, then got to work on Mother's things. Lil was obviously dreading it, & cheered up when it was done, about 3 o'clock. Very little really. We had a big bonfire. By Seaham it was evident that Lil had decided to go on the trip. We in worded up Dad, he told her to look at Mother's Bank a/c. as a legacy. Mrs. Holmes came in before tea, egging Lil on, & bringing daffodil food. Nice woman, beautiful. Tonight have written to Mavis, Mary Heather, share. Played cards - too lazy to sew, but must get to work next week.</p>

SEPTEMBER, 1956

SUNDAY—September 16th

MEMORANDA

up to Mars. Not so cold but cold enough. Des is awfu' uninspiring. Mrs Propsting brought Win & me home. Did house job & sat in the sun & wrote letters. Win has been a Butler & paid Dad's cash & written to Auntie Edie at his dictation. I sat in the sun after dinner & went to sleep. Wrote more letters, bought played the warg game. Church & played Patience, then wrote some more. Mrs Atkins came this aftn & looked through Mother's woolies & pronounced them all suitable for DPs in Germany.

SEPTEMBER, 1956

Time	MONDAY—September 17th	Time	TUESDAY—September 18th
	<p> Alf took Dad Win + me to Town Got away at 9-30, while Lil did the washing. I think she was content in her day alone. Raining a bit but mostly sunny in Town. I piloted Dad round & he needed piloting. He had his feet done. Win her hair. I shopped a bit. Ran into Mr. Mackin. Saw old thing. Looks like a chronic heart - a patch vaguely red on above foot. He seems to be pleased in his second marriage. We had lunch at the RSL. 5 miles. Win. I bought book for Dr. Grounds & Elsie Little - Gassie Sumner's book for the latter. Saw Kent Williams. Win went on 2 o'clock bus. Alf took Dad to the Club & read the paper to him. I shopped. Ran into Olive Tucker, & Kitty Hand & Merle, who is so much the English woman disapproving of "Colonials". Had afternoon tea at the Club & left Town at 4 P.M. Came home via Lilydale. Tonight fixed the dressing gown for Lil. She read cards & letters to Pa & played checkers to him. A new suit for my Parker is going to cost 4/1/- </p>		<p> Pretty sunny day. Lil commanded me to have b' fast in bed. We cleaned most of the house pretty thoroughly & Mrs. Jones polishing. Dad moved back into his room, so we replaced the moved furniture. After dinner mailed & pressed odd things & washed a bit but it was raw & cold. Wet all day. Went out bank, read cards to Dad & helped Lil alter her dresses for rest of the day. Lil lost her glasses up the street. Lot of mail - radios from Bf, Alva & Doreen. </p>

Use Maltogen in place of sugar on cereals and puddings.

Time	WEDNESDAY—September 19th	Time	THURSDAY—September 20th
	<p>A full day up to b'fast and the housework & some of Lil's sewing, did vegetables & odd job. after dinner wrote to A B M Adairlands for Lil & to Win. We have had 80 cards & letters since Sunday. I don't think 200 in reply will be enough. up the sheet to hospital & got £3 from Bank. Mrs Proppie came in for after tea & gave Lil £2 as a gift. Lil & I went up the sheet & later in the car & Alf delivered old rag to Mr. Mya Goffon, the book to Dr. Grimsd & mother's clothes to Mr. Atkins. I left Little's book at the shop, so all the odd jobs are done. Tonight more sewing, played some Patience & wrote to Sis & Jean. Bed 10 P.M. I have £10 from Alf to hide in Lil's luggage in A.M. Mrs Proppie is giving Lil a ride to town & Charlie rang tonight & comes on Friday. A cold raw day but Dad in the garden most of the time. Poor old man is pathetic.</p>		<p>Well, Lil got away & the Proppies soon after 9.30, so excited she couldn't sit down & wait but kept looking for job. Very little cooking for in as she left plenty of food ready. Cleaned the house & got at some of the painting shelves—a great clean-up. P.M. did a bit of sewing & made a list of all cards & letters to be answered, by a fire. Tonight played patience & did some hand-sewing. Cold watched day.</p>

SEPTEMBER, 1956

Time	FRIDAY—September 21st	Time	SATURDAY—September 22nd
	<p>The coldest day yet - a bitter west wind & driving rain. Clear very cold. up to Mass of St. Matthews, Alf drove Ward & me in the car, paid for. Met the two C.A. Captains afterwards. They both seem nice. Alf & I hustled round all the morning vacuumed the sitting room & did the stairs. Alf got away in pouring rain at 11.15. I read to Dad for $\frac{3}{4}$ hour. Job & shopping till 3. Dad got confidential over a cuff, poor old thing. He is trying so hard to build up a friendship with his family, is infinitely more considerate. But not another frock. Alf & Charlie didn't arrive till 4 to 7, having gone via George Town. Dad was getting worried. Fed them, much talk. Mayed patches & sewed. Bath & bed by 10 P.M.</p>		<p>Another bitter day - started off clear but rained & later we had a heavy hailstorm, first hail I have seen for years. Quite heavy, but not much dirt. Charlie happy to buy a bowl & help where he can. He read the paper to Pa & brought played crib to him. This after. I knit a pile at 2.15, got some sewing ready, & did hand sewing while Charlie talked. Tonight cut out a dress. Dr. G. came in to say thanks for the book, & is delighted with it. The new Dr. came today.</p>

When Maltose and Malto-dextrin are indicated prescribe "Maltogen."

Time

SUNDAY—September 23rd

Time

MEMORANDA

Have my Parker pen back & a
 new nib - great improvement at
 a cost of 41/-! A fine day at
 last, though it's a white frost &
 cold wind. Charlie off. I was
 to fast, jobs & cooking dinner.
 Kept me busy. A good dinner,
 though I say it myself. Washed
 my head & did some tidying
 up in the sun. Charlie! I went
 for a walk in the sun, saw
 Win Rose at the golf links.
 Back & wrote to Lil while C.
 read to Alf. Dad. Early tea,
 church & the beginning of the
 mission. Church nearly full.
 Back & Dad who is so friendly
 to me. Finished my yellow
 nightie. Bath & bed. Still
 finding fleas. Have asked
 the C.A. men to tea on Wed.

SEPTEMBER, 1956

Time	MONDAY—September 24th	Time	TUESDAY—September 25th
	<p>Had quite a busy day, got tired & did some silly things at the end. At 7:30, got to fast, & left at 8:30. Charlie came after 9, did a big wash, & after dinner got it going again to do quilt & underblanket. Got a thin blanket tangled in the wringer & dislocated the precious thing. Hop off can fix it. Lovely day, a good breeze, & most things dry. Read the paper to Dad before dinner, & mail. Letter from Daisy. I had a very nice one from Fr. Charles, & one from Marie. I moved from 4-5:00. Tonight played crib: Pa, got into abt. him because he insisted 7 NT was a mainland station. Grand rang up to say good-bye. He is going to Bathurst. Bulb's sails on Oct. 3. My finger tip is cracking & sore, my nails splitting.</p>		<p>A fairly busy day, by night I was tired. Knot-bleeding, did out all's room which is pitiable. Wish he would take a pride in it, but he needs help over keeping it clean. Late starting to read the papers to Dad & finished them & mail by 2:20. Lovely in the sun. Finished sewing including the 2 quilts, changed & went shopping. Bought a pattern magazine. Saw Grace McKernan, & Carl Bernick's infant. Maud came up tonight & played crib: Dad, & I wrote to Ella. Lot of nice letters today - W in, Ted, Lill, Fr. Dan, F. L. Hugh, Jean Birch, & even Eva Sawerill! Meant to write more letters tonight but too tired. Have kept my hands out of water & greased as much as possible & they are improving. Rang Mrs. Tyson & am to go there on Thurs. & talk to M. V. on Friday week. Ok sent the letter from dear Mr. Bethune.</p>

SEPTEMBER, 1956

Time	WEDNESDAY—September 26th	Time	THURSDAY—September 27th
	27 th		
	up to Mass. Naval household jobs and a few extra. Alf drove me round to Wink's at 9.15 & we collected the machine. Later Joe brought us a brand new Series 100. Alf to 12 who should come by Dean Pader & Mrs. Wally also Dodger & Agnes. They look well. Only stayed a few min. after got some cooking done - soup & tongue & dinner. Cleaned up the dining room sewing things at long last. Little else done before 5. Then got tea. Capt. Little & Capt. Bolger came just before 6. Nice men, & the aboriginal surprisingly poised & fluent in his English. Went to church & it was good. Les drove me home. To bed & wrote to Win & Lil.		Determined to sew today so did a minimum of housework but had to see to dinner. Got into the way of using the machine & in drills & drabs have done most of 3 yrs of pants. To the Rectory after 3, sewed merrily. Pat Judd came from Derby looking so well. Joan put on a slap-up after tea. I ate a disgusting amount. Very pleasant in the sunroom. Tonight played patience a while. Then wrote to F. Hugh & Joan on the typewriter. Then a bit more sewing. Still pleased + + - 6 in my pants last night! Dad looked dreadfully tired at 3 o'clock but went back & dug till nearly 6. A flash of the old argumentativeness came now & then, but he is much more gentle & passive.

SEPTEMBER, 1956

Time	FRIDAY—September 28th	Time	SATURDAY—September 29th
	<p>Another good day. The weather dull, cold, & breezy. Did a good bit of sweeping & scrubbed some paintwork in the kitchen. I cooked a dinner & a lot of odds & ends & saucepans. Alf helped with the washing up. That saves time. After dinner tried to get the shopping done before 3, but wind held me up. I ran into Clare Keddy up the street. Late afternoon tea. Then I lit a fire & got a fair amount of sewing done, keeping at it till bed time. Talked to Alf about Pa's future possibilities. He said Bagin Park might have to be considered. But then I thought this Hospital might take him indefinitely. I could come home to help nurse him, of course. I shall not be surprised if we had to make decisions fairly soon. In any case I don't feel ready about returning on time - but that is probably because I want to stay. There is the spiritual problem to be faced too.</p>		<p>The day mainly sunny. To Miss cold. Alf for St. Michael & All Angels. Got some cleaning up done in the kitchen, & cleaned the house. Sat in my sleep-out & typed the list of cards for the Hobart Folk. Mended some clothes. Got Dad off to Lodge. Changed my mind about going to church. Played Patience, Sewed. & wrote to Joan Phillips. Alf had a letter from Lil from Adelaide. Very pleased to find the £10 in her bag - only as they approached Adelaide she shanted them all to dinner on the strength of it. Seems very happy. Getting quite friendly with Alf. Though he has been indulging in a good many outbursts against sundry people.</p>

SEPTEMBER, 1956

Time	SUNDAY—September 30th	Time	MEMORANDA
	<p>up to Mass. Alf got away to Derby after I went a good number there. Ken's job took all the morning. Did the flowers & had a bouquet of the old sacks from my sleep-out & sprayed the floor. They may be the cause of the fleas, or at any rate, no. Did want to visit church, hope he wasn't hurt that I didn't go, but I had a roast dinner to do. P.M. meant to write to Bob but went to sleep in the arms over Dorothy Sayre. After a cuppa heard Pa say his lessons & he dictated 3 letters which I got typed up & wrote 3 of my own short ones. Add moments filled in & father's, I have a sort of crazy faint church was a mission service & finished by 8. Mr Hamill son drove me home & I read Paten's length to Pa till 9. Then Paten's with Pa talked, flea-bomb bath & bed.</p>		<p>Tuesday Oct 2nd.</p> <p>A busy day accomplishing little. Did the usual house clean- ing thoroughly & got nothing extra done. Went for the mail, saw for Mollie Richards that was. His letters from Win. & Iwa & one from Miss Maxwell. Chwa wrote & nicely. But looks like postponing his English trip. I hope he doesn't. Got an urge to consult him about my problems re returning. Read paper to Dad, got an easy dinner. More paper after dinner, changed & mended my nightie. Went to Phyllis & S.S. stayed there till 4:30. Shopping & home by 5, wrote to Pa & Ian. Ian played in all the even- ning till 9:30. Poor old Pa was so good I didn't smoke his pipe. He is pathetically grateful. Had had my bath when Joe returned. Tragic about the loss of the jet bomber.</p>

OCTOBER, 1956

Time	MONDAY—October 1st Labour Day, Sydney	Time	(Nov. 13th) TUESDAY—October 2nd
	<p>Read till after 1 AM like an ass so am tired tonight. All the same, I enjoy rushing round & have recovered my old sense of well-being up at 7-30, got the job & washing done also slashed the wash house law, front porch at long last. Dad & Mired. Read the paper before, after lunch that's for hoop-up before 3; got the morning done by 5. Have done little since but the mending. Did Dad's cash & him bought in the free market - an awful muddle. He got the Blue Club & kept on listening. I don't know if it was to spare me playing crib. To bed. Have written to Bob.</p>		<p>up at 8. Cold wet blustery day. Fine tonight. Only ready by 9-30 to see Mired who was doing Physics. I wrote letters - Joan, F. Charles & the mother Superior M.N. Joan's book came. P.M. a bit of sewing & up the street Lil in the rain. Went to Reston's saw the shirt which are 5 nice. Left Lil to take Herald's home to find Alf back. He took me to the Club & we had 2 beers, & talk to Ida Salier, Mrs. Northeast, & W in. Will Rao. Am to go & see W in next week. This evening sewing a dress, Lil. I finished by Twelve night" is well done but a bit hard to follow unless one is more familiar with the play than I am. Again & father & bed at 10-30. Letter from Gladys tonight.</p>

OCTOBER, 1956

Time	WEDNESDAY—October 3rd	Time	THURSDAY—October 4th
	<p>Excited & tired last night & slow in getting to sleep. Tired & heavy today - P.M. up to Mass. stopped at house - job but didn't do as much as I hoped. Letter from Lorna G. & Nana. Poor little Jack Manson died of cerebral malaria! Such a bonny youngster. Must write to Jackson. P.M. sat down in pale sunshine to read the paper & dazed off. Cuppa, up the sheet to shop & look for a cover for the kitchen table. Talking here & there & not home till after 4:30. Judith Barber came to talk: nice kid, mad on G. Guides. Went at 5:30! Nothing achieved. After tea started a letter to Win. all arranged for Maud to play with Pa, as he had R.S.L. & mother knew of the other engagement. Good old Maud. Met Joan & kid & a Mrs. Smith. Enjoyed the pictures & much. Though the first was gruesome. Doctor in the Rural had the fine touch; rather too disappointed & quick in action but so funny. Home 11:30. Cuppa, now P.N.</p>		<p>Woke later than usual & up at 20 to 8. Seemed to work hard & accomplish little but am tired. Took some hyacinths to Maud to say 'Thankyou' & that took a time. Did it in's evening. P.M. wrote to Lil & finished Win's letter & got them in the post by 3. Changed, cuppa, & got on to sewing over a fire. Very cold & swarthy the feel of it. Haven't much to do to finish the black & white dress. Played Patience a bit & wrote to Mrs. MacFarlane. First & last evening to myself this week. Tomorrow I am going to baby sit at Farquhar's, so rally to bed tonight.</p>

OCTOBER, 1956

Time	FRIDAY—October 5th	Time	SATURDAY—October 6th
	6.10.56.		
	Mrs. H. came at b'fast time. Went on i job. didn't do much beyond the machine & getting dinner. Secured the stairs. After dinner prepared my bath changed. to M.V. Spoke about N.G. M.V. A good no. there. Working after service in Parish Hall. Shopped & home by 5. Did my black & white frock then & after tea. Mr. Farquhar came for me after q. & I loved the evening there. A lovely home. Sat by fire & wrote letters & sewed. listened to radio. Beant supper. Got home at 1.15 & 10/- for Parish Hall. Dear Mervy's death in the paper. He died on Wednesday. Went to Miss Green. Went to work on my room & Shelton in A.M.		Lazy this A.M. Only did ordinary jobs & read the paper. Letters from T.J. Gilman, Mrs. Elliot. Alf doing the table. We muddled & fuddled till 3, clearing up & fixing the table top. Not finished yet. Anyway the kitchen is much cleaner. Bath & to church to get ready for SS. Cold day. Back at 5, muddled over fire. Tonight prepared lesson for tomorrow, played one game of crib & Pa. & got an early supper. In bed by 9.30. Slept fine. Alf at the Rectory to see Bp Barrett.

OCTOBER, 1956

Time	MONDAY—October 8th	Time	TUESDAY—October 9th
	<p>a busy day, up at 7:30. Alf went at 9. I didn't start washing till 9:30. I sent by 1/2 to 11. Went for the mail letter from Lil, returning tomorrow. He spent Sunday 30th in Dundee. Read the paper to Pa. After dinner swept Lil's sleep out + her carpet - absolutely filthy. Must get it out in the sun. Beat it tomorrow. Supper changed. felt better. Did the morning. got everything away in time to get her. Win's letter came tonight. The cards are on the way. Read it to Pa. balanced his cash. Sewed my dress while the Elce Club came over. Then supper. Alf got back for it. Awfully tired. Bath + bed.</p>		<p>a busy day. I have been tired. Cleaned the house + did bit to Lil's room. Alf wanted dinner at 12. Dad was up the sheet till late so I had to read the paper after dinner. Then polished Lil's room + got the carpet down +. The dirt I got out of that carpet was amazing. Finished by 3, supper, changed, prepared a talk. + to Herald. A muddle of beans of exams + very few turned up, so I did my shopping. Home to get tea + do the flowers. Met Lil at the bus, looking well, rested, but she had 3 days of my humming up at in Adelaide. The Taravara had engine trouble + is held up so the Stricklands are still in Melbourne, poor things. Tea, much talk. Lil played crib while I did the darning. 2 to me letters from + P tonight. one of condolence + one about affairs. Say Dr. G. means to go ahead. T.B. H. Thank God. + P means to send Gene to the Highlands.</p>

Time

WEDNESDAY—October 10th

Have done little in the house so accomplished a good bit otherwise up to Maas, Lil too. Dull, cold all day's rain. Did a little housework & before 10 hit the Mercedes pile & got to sewing. Did a good bit of a dress before 1 after dinner. Letters from John Mac Donald. June sewed till 3, then Alf took me to Bradford in the pouring rain. Lovely welcome at Maas's, much nice talk, mostly to Mrs. Maas, while Alf. & Maas talked. The Guild gave me £2, bless them. Back at 6, lovely trip of peace in last sun bright & real joy. After tea Lil & I got to acknowledging cards she had sent 50 this afternoon & thought we have done 100 more & a few letters. Writing till 10. Poor Lil I fear she dreads the future as I would in her shoes.

Time

THURSDAY—October 11th

Slept on this AM till Lil brought to fast to bed. bless her. Read a while up by 10. Did Lad's room & other housework till 12, wrote to Win such a feeling of freedom not doing all the jobs. Poor old Lil seems insistent that she will do all the routine jobs. Wrote to Win before dinner. afterwards wrote to Ella by the fire - still dull, cold - & for the rest of the day Lil, Alf & I have been getting the catalogue acknowledgments done. Lil & I went up the street, got stamps & I have written personal letters, in one to Oliver, bless him. Joe & Gill which came in tonight for the machine as Gill wanted to sew. Still finding fleas - 4 tonight on my clothes. Thicklands flying home tomorrow, as Taroonah held up till Monday. Poor things.

OCTOBER, 1956

Time	FRIDAY—October 12th	Time	SATURDAY—October 13th
	<p>14</p> <p>up for b'fast. & did housework - vacuumed the stairs, then sewing. Cold miserable day. I did the fire soon after dinner & sewed all the afternoon. I had scallops for tea, delicious. I took Lil to the pictures after a great argument as to who would pay. Quite amusing but light. Home 11:20. Wrote to P & T. Daw in after asking P for an extra month.</p>		<p>B'fast in bed. Rep & cleaned the house & sewed solemnly all the P.M. Lil baby - sat at Stagg's. 19 at Farguhars. I got home at 11:30. Lil after 1, for kid. I had a bath & read for an hour before she came in. The Farguhar children are delightful kids, nicely mannered & natural. Wrote to Fred & Lew. Not much on the radio.</p>

SCOTTSDALE

OCTOBER, 1956

Time

SUNDAY—October 14th

Time

MEMORANDA

up to Mars, long dissertation
 on the unfaithful - to the
 faithful few that were there!
 He promised us more brought
 but there was a Guide - Brown's
 Parade so it didn't come off.
 A lovely day most of the time.
 I did house job, washed woolies
 did vegetables, then sat in
 sun. Balanced cash r. after
 dinner stayed off over a book, but
 most of the afternoon wrote letters.
 Had seven off my chest. Lil
 went to the birthday of Sunday
 School of the Air at the studio.
 I got sea. cold & cloudy tonight.
 Went to church. Stayed afterwards
 & there was a lot of bright talk
 & the Stricklands & Phyllis.
 Home to get warm. All to bed
 early.

OCTOBER, 1956

HOBART.

Time MONDAY—October 15th	Time TUESDAY—October 16th
<p>The weather stayed fine all night in spite of bad forecast. Raining now. Up to 6 fast, did the washing while Lil did other jobs. Got everything dry. Did a bit of sewing, read the paper to P. After dinner finished a frock, Lil & I changed, got off to the meeting. Called at the Bank en route. Lil insisted on giving me £5 of Mother's money for travelling exp. The Church was crowded - all denominations. Julie Backhouse (Barbara Spring) spoke from about about tangents. I like the look of Julie, Barbara I should say is more managing & less understanding. Larry said not meet the Hyderabad man. After the service Joan introduced me to the 2 girls. We talked a lot through a microphone after tea. Home at 5.15, did some sewing. Tonight odd jobs & some sewing, some packing, bath & bed. I think Lil rather dreads my going.</p>	<p>a pleasant day. Dull, showery. Lil made a bean & onionlette for I had, helped me up to the bus. Don Haas sat beside me & was quite an interesting talker. In 2 hrs went to Friday for Dad, to Clarke's, bought lunch, sat at the Rest Room. Johnnie taxi-man to drive me to the station. A really lovely ride in the train - a mind untrammelled, I thought about the views, what I read & anything else I fancied. Lill was found in 2 hrs. Cold her bought. Oh met me at 5.18, looking tired. Lovely welcome from Eld. W. in came to tea. Nat. N. came in. Nat looking better than I have seen her for a long time. John came, 5 hot agst. Unit. Council, a passion for Prof. C. who is accused of seducing at least one student. He went to see Prof. C. tonight. Slap of dinner, much talk. The gas fire makes the little room stuffy. I got sleepy, she played a little - Back of course. Oh dear W. in house & E. I went for the ride. Bed 10.30.</p>

When Maltose and Malto-dextrin are indicated prescribe "Maltogen."

OCTOBER, 1956

Milo provides mothers with more minerals.

OCTOBER, 1956

Time	FRIDAY—October 19th	Time	SATURDAY—October 20th
	<p>up at 7:30 Ok drove Ella, home into Town before the shops were open. Bought dressing gown material at Ralph + bedspread mat at Johnson. Mullin went to the Supreme Court, heard the first hour of the inquiry of Prof. Am. is interesting but slow + uneventful. met Mrs. MacIntyre at 11. for coffee. not so good. got away at 10 to 12. Home about 1 by then the sun was coming out. Lunch, cleaned the house a bit. Play down, dazed, read till 5:30. Ok has organized the Hutchins do for me - 2 of them. at 8 the folk came - Win, Joan Perkins + Mrs. Kerslow. Mr. Heyward, the Mary Timothy is much improved. Nice chatty evening + nice supper. W.A. have given me £5 for it was less than Joan brought it. They went at 10 to 11. washed up or, I to bed at 11:20.</p>		<p>Woke a day! Head full 1:30 AM. Book shuffling. B' fast in bed at 10 to 9. Mr. Heyward took me off at 10. I can drive. Miss Lad. I didn't even get my bed made. An hour + Vera. I'm not, but Vera not allowed to talk, she looks frail. Then Harold drove me to Dr. Hamilton, who gave me 3 books to keep, I do want to look through + asked me to his house to a party on Wed!! I'm not. Advises bifocals + reading glasses, the latter as a reserve. Left before 12, hopped into the lovely Cathedral in rent, to Win's. Talk, odd jobs, lunch, sang Eric. Mrs. Banple. Oh, Ella called, we went to Glen View. Kish delighted to see us, we all went to Montague Bay. Saw scores of yachts. it pretty sight! Had a cuppa. Back to Win's by 5, then Sel called, took me to see their new building block, glorious site. Met Vio's sister Ann. We saw Douglas Baden on the water front + having fun a bit. He had a great reception. Tea at Win's to Dr. in the Centre. It interesting. Saw the Great Sea. The sea part excellent. but the love story messed up. Home to Win's washed up. Home here by 11. Very</p>

HOBART

OCTOBER, 1956

Time	SUNDAY—October 21st	Time	MEMORANDA
	<p>Lovely day up 7.15, Ella & I 9.15 St James's for Mass. in Dad's utility. Met Marjorie Hudson Eric assisting. B'fact, did some washing, helped pack lunch. Got away at 11, picked up Win- Dull day: good visibility but was a glorious run! The apple blossom a wonderful sight. Bought a sugar-bag of apples for 5/- they were delicious much by the river at Newville watching lovely reflections. Home through Kingston, spent an hour in the Gibbons. On to Taroom, found Wang missing. Leon working on garage, a dear little bunn struck been, refused an invit- ation to tea, home at 6. Tea, packed, left at 8.20, dropped Win & my luggage, Ella. I went to John to Trinity Hall where the Mad. Uni. Choir sang Mad- rigals, it well too. John & Kew. Met Jan Gay who was going to offer as a nurse to CMH but put off by being asked if she had met the Lord! Took a free put. in self-consumin</p>		<p>young lady Ella say she is Kew as John Luff, met the charismatic Mr. Barnett, the the eggies who seem nice. They dropped me at Win's at nearly 10. She's fried. Talk, bath, bed.</p>

OCTOBER, 1956

Time	MONDAY—October 22nd	Time	TUESDAY—October 23rd
	<p>up 7:30, Win. I had pleasant to fast in the kitchen, to D. Kamukha before 9:30. A. Hopins → Iseline exam. till about 12 then my eyes were a bit dazed. To Eric, had lunch: high at the hamburger. Shopped & to all D. at 3:15. Nice meeting, mostly faithful old dears that plug along with the energetic large group as at McGinnis. Nice after tea. John May & Anne home. Timothy coming out of Resp. was probably false non-paralytic. Hoped to have a bit of time to my- self but Edith arrived soon, then Reg. We all had tea, then to the milkade, a delightful show. Much more living than J.C.W. in Mel- bourne, possibly helped by the audience, stage being closer to each other. Moch. had. K. K. The milkade were excellent. I thoroughly enjoyed it, but the rarity of the treat & the vividness of it made me want to have with thankfulness home & Win. late to bed. I. of talking. Reg had a pain in chest in A.M., reassured by the Dr. & felt much better in the evening.</p>		<p>Win. late up, gave me to fast in bed & off to work. I got the washing up done dressed. to Friends at 10:15. Much talk & met lot of staff, rang Harold & Ann. page there on Thurs. back. To go to Keyboards on Friday. Back here, prepared talk. to Kitchner & Eric. Driven there by a Mr. Vickery. Mr. Wason box & gracious. A typical boarding school dinner. A lot of bag at the meeting wh. was voluntary. I talked for 10. then the bag asked questions. 5 intelli- gent ones too. To Town shopping got a nice dress length for 3/11yd. Awful day, so cold, shivery. Home soon after 3, cuppa, read about the trial wrote to Lil. To Dances at 5. Dance looks well. happy. Mrs. D. sprightly but so thin. Nice cozy evening, talk centred around people. Left at 9:30, home to bed. Win. at Speech Night & 2 parties. Letter from Lil. all well at home.</p>

HOBART

OCTOBER, 1956

Time	WEDNESDAY—October 24th	Time	THURSDAY—October 25th
	<p>We slept in till 9 to 9, then I got up, for once gave W in to fast in bed. W. dressed, got away to Town at about 10, the shops closed at 11.30. Saw Eric, bought John's present & another dress length for 3/11. Went to the Tatler for an hour, saw a very interesting film of Antarctic organization, a news film of Princess Margaret at Gan- gton. She is so thin. Back to flat for lunch, odd job. I prepared talks & changed O. Ella picked me up at 4 to 5. To R. Hamilton's: lovely home, glorious garden, pleasant book & good eat. Felt a bit shy, but enjoyed it. Left at 6.30. To Val's where I ate a large tea, drank more sherry, then nearly went to sleep in the shabby room Wang. Less there too. Quite pleasant, but didn't get away till after 11. Family good after for the Shaw & Cambridge Spark won by Hutchins.</p>		<p>up for breakfast ready for O. at 8.40. To Collegiate, Maids. Mar. type, there! Sister Jessica is married, feared the talk would not go well, but the girls were interested, asked questions. To Hutchins at 10, the Junior School was wonderful. & question galore. To ABM for a cuppa, saw Anthony much thinner, but looks well. Too scared by the Dean. Am to have lunch & him on Tuesday. Got 10 minutes, brought it to the flat, back to Town. To Botanical Garden, lovely lunch in a delightful restaurant. Weather warm. Back 3.30 to Dr. H. got script! Took it to Mr. Lane. Ref to O. 2, lovely tea, quite festive for John's birthday. He is pleased: his book. May be scrabbly. Heard Carol, pane at 10. Letter from to chairman, can get extra fortnight allowance.</p>

OCTOBER, 1956

Time	FRIDAY—October 26th	Time	SATURDAY—October 27th
	<p>A lovely day. Woke at 5.1. Slept fitfully after. To Cathedral in lovely service. Felt something of the beauty & glory of worship. Dear Gibbon shook me up for a Trafalgar Day badge. Home to 8.15 fast, cleaned up, started a letter to Lorna C. on the typewriter whose action is much improved but a bit stiffer. Harold came at 10.40 (he asked me to call him Harold). Picked up Mrs. Henshaw, round about trip down, saw their home which is lovely. She still liked Lorna's dinner. At 3 H. took us to see the new Church Hall - magnificent - the Montgomery Youth Centre. Beautiful place - a view & a beach & bush. Picked up old flower. Back to flat at 10.15.1. rushed to Ray for tea. Pleasant evening. Robin fell but obviously overpowered by all these snuggly poor kid. True probably not much help either. Mary's other husband Douglas (? Ray) came in. Mr. just the same. I like him. Home 9.30, bath & bed. Very tired.</p>		<p>We both slept till 8.15. 8.15 fast. W. washed. I cleaned the flat. Washed my head & odd jobs, rang Dan & Ella. Lovely dinner. Ch. Ella called for up at 2.15. By then the rain was heavy. It got persistently heavier. Cambridgeshire had already been abandoned. We drove up to Rokeby & enjoyed it in spite of the rain. Stopped our way with the dear little bunch, with her 2 chairs made from a ship of Nelson's fleet, and a small font big enough to immerse an infant. The first pipe organ to come to the colony. Good stained glass window would be good. Saw Bobby Knopwood - grew then to a canal in Ralph's Bay, had a cuppa. Home. Ella to tea. W. in. I did the N/C list. Lovely tea. Changed to the Repertory Play. Still raining. The play "Trespass" was excellent. Quiescent, & is funny in bits. Enjoyed it a lot. Back here for supper. I picked up Ella after Lodge. Home 11.15 to 12.</p>

OCTOBER, 1956

HOBART.

Time	SUNDAY—October 28th	Time	MEMORANDA
	<p> Glorious day. Up for 8 AM Mass at St James, & Win. 5 min service. Ella's clock stopped & she was so late she missed it. B's fast, odd jobs, & he picked us up at 11:15 while we were hearing St David's Vicar & Anthony saying Mass. Decided to go to the river on Thurs. Day gradually getting finer. After lunch lunch at Dunalley, then he decided to take us to Eaglehawk Neck. Most wonderful trip, new to Win & me. The rollers were large. The surf immense. Saw the tessellated pavement, crossed the neck, saw Lookdown, & on to the Blow hole. Another remarkable impressive place N. of it: the surf boiling through; Tasman's Arch, the Devil's Kitchen. A day of beauty. Called in on Carla for 5 mins as we returned. Her kids bonny, but filthy. Had a beer at the hotel, to 23 about 6:30. Sea. Looked through Dr. Lehenberg's book talk, Home 1/4 to 10. Packed & bathed. </p>		

OCTOBER, 1956

Time	MONDAY—October 29th	Time	TUESDAY—October 30th
	<p>Up at 7:30, finished packing & Osh called at 8:35. Took my luggage for me. 9-9:30 settled down (had literally to relax) & prepare 7HT talk. 9:30 p.m. Mrs. Echlin is sweet lady. Bright talk & she gave me 1/2 hr. time for To ABM. Nice morning tea. Met Mrs. Kay like her. Vera got there a lot of speeching. Ella. I went shopping, she gave me a lovely dress-length for 1 day. We saw Malachuk. I bought a make-it-yourself book-shelf for Lil. We had lunch - large plate of mayfish salad, delicious. To 7HT at 2 p.m. Eric, Ella, did it poorly, but they can cut out some awful pauses. But to Edith's, Carla here till 4. Cuppa talk, & watched the news. Win came. Huge tea. Talk some good records by the fire. Rang Mulshed Griffiths. Bed after 11. Very cold tonight.</p>		<p>Slept off in bed 8:30, 6 fast afternoon dressed. Caught 10AM bus. Looked through shops for presents, got Osh. One of our Submarines. Alf. pack of cards. Got 1/10 from Bank. To Aubrey who was his most charming. Fed me on sherry, cigarettes, & Joan Perkins arrived later. Nice lunch, nice conversation. John shaved in the house, said good-by affectionately & almost kissed me then changed his mind - as he did before. Funny inhibited lad. Mr. Atkins gave me a lift. Met Edith at the theatre. 1st picture 5 p.m. 2nd delightful. Home. 5 o'clock. Spent evening by kerzen fire talking, rang Eric who is parping me 2/3 of Delaware & Woody Williams. Reg did his job, then talked. He & Karthe are dreadful talkers, if I had much of it I would be saving. High pitched loud voices going on & on endlessly on their own affairs, with same subject re-bashed ad infinitum. I'd basically both are decent men. A letter from Lil: Dad unwell on Sunday & she was worried.</p>

HOBART.

OCTOBER-NOVEMBER, 1956

HAMILTON.

Time	WEDNESDAY—October 31st	Time	THURSDAY—November 1st
	<p>Last night fast in bed, which was well. I got to bed at 1/2 to 1. Fiddled till 11:30. E. I went to town. Fine day: showers, warm in town, bitterly cold tonight at Mt Shad. To ABM collected £87-10. Banked it. Edith shared in lunch at the Canterbury. We hunted for lions all the after. I got my glasses at 3 to Dr. H. to check. A nice farewell. E. went home in that bus. I pottered round after a few things & home at 5. Saw with Ella in the street. Explained about staying in the Reg's for tea. Tea in Reg's. I think it is the loudness & high pitch of Reg's voice that makes it so hard to endure. One long for silence. He took me to town at 7:30, and Oh coming for us. Win here. Mrs. Berryman came in for an hour. John came in, talking of leaving his wife as he expected to be called up. A bit premature, but I can't see any sense in these moves of Harold. Britain. Sherry's talk drew Win home. Home just unpacked.</p>		<p>Woke at 5:10 dazed after that up at 6:40. Oh, Ella, John. I all to St Mary's. Very good. Fr. I saw spoke to us afterwards, no mention of the £50. B. fact. Oh took my luggage. Said good-bye. Deacons. Yolland came at 1/2 to 10, good-bye to John. Ella. Gloriam. Tuck up the Clement Valley: D. & Miss Morling. A sweet old bore arrived 11:30 at the Rectory to find things in panic. Little Mary sick, the charcut had come. Harold made tea. I did vegetables, & helped poor old Maria. The kids are fed. Mary improved. P.M. but is fretful. To meeting at 3. Dear Yolland spoke (I dazed) Miss we said a few words, then people fired questions at me. Marvellous after tea. Dear got away at 5, we fiddled over kids' tea, on tea till 8:30. Listened to news, still going. At 10 P.M. Harold told us he had been up 3 talks, starting 9:30 A.M. Jolly poor not to tell me. Bath: now in bed to prepare talks. 11 P.M. Lovely country but is cold.</p>

NOVEMBER, 1956

HAMILTON - SCOTTSDALE

Time	FRIDAY—November 2nd	Time	SATURDAY—November 3rd
	<p>up at 5, but awake earlier. To all Harold's Mass, & nice things only Harold. I present. Lovely church & 3 & good windows, 2 of them Penslove memorials. 2 saint bones. Blast off to Cuse Area School. I got in better than I feared. The kids very attentive. Full of questions. Spoke to seniors & then to juniors 40 min before 11, & saw the Dental Caravan in charge of a man called Evans. Lovely thing & well equipped. Saw the church at Cuse & lot of Bethune memorials (& again good windows) & prayed for dear Betty. To Hamilton School & spoke to littlest there. Home to dinner, & tired. Christopher came in & was so good. Fiddled, then sat in the sun & went to sleep over a book. Marie had a rest after afternoon tea. It took me over a great hill to see the magnificent view & old cannot built houses. Tea, undressed Christopher & helped wash up. Dr. Mrs. Engelman came for the evening & we had a beautiful & charming. Talk varied. Marie played surprisingly well. Went at 11.30. Talk, bed at 11.30. Little Mary much better but pale & fretful.</p>	<p>up 7.15, dressed, packed, & fast. Christ after "helping", lovely kid. Got away at 10 to 9. Am so glad I went. Marie is a fine wife for Harold. It is nice to see that he does not fear his Mother, nor does he hate her. Lovely run, but showery. Got the Green Bus at Bridge- water & met trip to Town, reading & ad- miring the view. Mrs. Kelly arrived as we reached Tumbidge where we had a cuppa at the hotel where I had supper once from an ANA bus. The Prince of Wales visited it. I was 1.15. I should have got a taxi but begged my shift to T. in relay, had lunch, ran into H.T. & saw Toy for a few mins. & to St. Mary's to see Auntie Sophie. Saw a fire at the Majestic Theatre, run have missed a bus & walked. Had only 1/4 hr. then, buses all empty & got to Town at 10 to 4, too late to return to H.T. where Toy had made a cuppa for the Rector & me, bless her. I inquired at ANA re Mary bookings. Home at 10 to 6, stayed in the bus. all met me in the car. praise to. Dad looks tired. Steve here. I think I'll not be happy about a visitor. Talk, unpacked, & early to bed. Letters from Jean & Betty.</p>	

Nestlé's Malted Milk is recommended for post-operative cases.

NOVEMBER, 1956

"Lactogen" is recommended for Nursing Mothers.

NOVEMBER, 1956

Time	MONDAY—November 5th	Time	TUESDAY—November 6th Melbourne Cup Day
	<p>up at 8, posted my letters before 6 past. Lovely day, chilly wind but quite pleasant. Steve got off by bus. I did washing. The power went off, but on before 11 & got it done by 12. So poor old Lil read the paper to Dad. He looked & tried this AM, slept badly - indigestion. Dinner. I did the ironing by 3:15, then sat in the sun on my sleep-out & wrote letters. Alf got back at 3:15, I brought some crayfish - a nice for tea. Lil & I went to the pictures, not really good but the main one very funny. Tim & Anniston. Home 11:10. We both collected flies at the theatre.</p>	<p>13 past in bed & slept on bed. I came up at 10 to 10, did bit of housekeeping & started cutting at a dress in my room which was warmer than downstairs. up the street at 3:15, did bit of shopping. Lil went on to the hardware & bought a brown as I couldn't bear these old ones. A battle of wills as Lil didn't want me to pay for it, took it as a criticism that she had not bought one. However I think it's a K new. Then I vacuumed the lounge carpet so that I could cut out as it cut out some parts. Lil went to a Hosp. Auxiliary meeting at night & I wrote letters. Bed 10 PM, quite sleepy.</p>	

NOVEMBER, 1956

SCOTTSDALE

Time	WEDNESDAY—November 7th	Time	THURSDAY—November 8th
	<p>B'fast in bed. am sleeping later up at 4 to 10. Alf talking about Alice's coming & uncertain whether she will be welcome. Opened up the subject at dinner. Lil not so helpful. I got on to cutting out & have an old my dressing gown. Find I haven't enough stuff for my bedspread. Alf brought the machine. Weather got colder. I read or sleep out after dinner for it is too cold, so lit the fire & made up my pants. Too bright round the house! Mrs. Tyson came in to see Alf. Tonight played crib: Dad as Alf was at RSL & Lil choosing prizes. Letter from Joan, rather upset about SMH affairs. Joan got a nasty appendix, Joan operated at 6 AM the other day. Just back from walkabout - thank God he was!</p>		<p>I so often have a feeling of apprehension & restlessness. It may be because of the overseas situation. up at 7: to Mass home: Maud who said the usual provocative things to the butcher, he enjoyed it. Got things ready for Michael's exam at 9:30 & he didn't turn up till just after 10. as he thought it was an after-exam. Lil ringing up all over the place. I sat him. Dad bawled in & would not understand why he must go out. It upset me but did not appear to upset M. Wrote letters, thought about the Joan & SMH situation. John's ending on the Joan case in today's paper. P.M. went to sleep in the sun over a book. Lil. I went shopping. I got \$5 from the bank & we got the Elise & Maureen. it is ready for packing. Joan's to Alf got back from John at 5:30, got my basket at Ansett's, only \$11.10 a apt. > \$13 ANA. Tonight have sewed & prepared sewing.</p>

NOVEMBER, 1956

Time	10 th FRIDAY—November 9th	Time	SATURDAY—November 10th
	<p>B' fast in bed. Did odd job, inc. vacuuming the stairs, & saw sewing. Michael came for his exam at 2. I sat & him till 5, got some letters written. Lil on duty at Knisk. The day warmer but I wasn't cold dry 5 & the fire. Lane called for us soon after 8 & we went to his house to see Kodachrome slides of the trip & some pictures of the Murray River floods—desolate indeed. Neil home the Stricklands have supper. I took over baby sitting at 9. Arrived from Mrs Ramsford & stayed there till 1.30 reading & listening to radio. The little boy woke at 1.45 but soon went off again. Got Joan's parcel posted in A.M.</p>		<p>Lil woke me at 8 by bringing in the radio. I heard the Duke of Edinburgh's arrival at Port Moresby. The Bishop was presented on the wharf. He spoke from the oval & someone interpreted into Moh. He also met John Lurao. B' fast, did some house cleaning & have been sewing my dressing gown most of the day slow. I don't know why. I have for the first time felt discontented. Need exercise & sunbath. Had a sleep after dinner. The weather much colder. The long situation not so tense. Dad has gone to Lodge.</p>

NOVEMBER, 1956

Time	MONDAY—November 12th	Time	TUESDAY—November 13th 14th
	<p>Fine, blustery day: variable temp. crabs, warm to cold. Lil got up early & had some washing on the line when I got downstairs, as she finished. I did the house. At 1, I put on the iron & finished the ironing before dinner. The poor dear read the paper to Dad anyway for her to supervise the exam but Miss Leary took a look at the paper & decided not to do it. I finished 'The Gate of Happy Sparrows' & went to sleep till after tea. Sewed by the fire - finished the dressing gown except for press-studs. Lil did the mending. Tonight meant to write letters, but news, Glue-bait & mail prevented. + I sent Staff notes: his speech re marriage bill, very good but too verbose. He announced Nestor's & Ken's engagement also! Also Miss Kekunil has lost her mother, poor dear. Letter from Louis Stuart full of news. Haven't accomplished much today.</p>		<p>Up for breakfast, odd jobs, then sat Michael for his Physics exam. Wrote to Joan, Fr. Charles & Mrs. Mother. Lil & I went up the street after 3, to Reckony. I saw the skirt for Eric. They are 5 miles. Alf took me to the club where we drank beer, & talked to Ida Salter Mrs. Northhead, Win Rae. At night sewed, listened in to Twelfth Night.</p>

Time	WEDNESDAY—November 14th	Time	THURSDAY—November 15th
	<p>up to Maas. Got to work early, did out sitting room & vacuumed the carpet, also did upstairs bathroom. Sewing till dinner. Lil cooking & after dinner she ran up the sheet for a box & to pack Win's birthday cake. I tried to help Lil supervised the exam & I sewed, also read the final Haggston magazine in the sun on my slat. Out, & got after tea, wrote some letters. Now my flimsy dress almost finished, trying to get a slip out of Lil's blue silk. Rang Pat Gould tonight & am to go there for the week-end. Played cards & wrote another couple of letters tonight. Ran up & posted them. Washed out silk, bath & bed.</p>		<p>Breakfast in bed. up & 10:1 did Dad's room, vacuumed heap of dirt off the carpet. Des brought the skirt the M.O. made, & I packed them & posted them for after mail. Pressed my new clothes & the silk. Vesta sent me a beaut Xmas & b'day present, & Joan P. sent L.O. from Bellevue to buy steak for Eric. Dorothy Beattie came for after tea: she is a nice thing. Pleasant talk & sewing. Got on to my 10:1 light pant after she went, undid them all for enlarging. F. T. Society night, Lil baby sitting at the Grounds. I decided to go too rather than go to pictures & her. I cut out a frock & read The Prachiana. She covered a hat. Dr. G. drove us home & told us of his hilarious meeting i Paray Wright last week, who danced 3 partners to a haughon & kept going till 3:30 A.M. Have got a letter off to Frank Knight</p>

NOVEMBER, 1956

Time	FRIDAY—November 16th	Time	SATURDAY—November 17th
	<p>up to the fast, & odd job. at 10 Lil: I started on the box-room. Threw out stacks of rubbish. Mrs. Wainland came at 11:15 till 12, nice to see her, but it interrupted the job. She is feeling much better. We got a lot of rubbish burning. Had to stop doing box room at 2 - got about $\frac{2}{3}$ done. Miss Leary didn't come for her exam, arrived at 3:15 to say she had forgotten all about it. Alf doing Lil's shelves, bless him. I went up the shed & got a cheque for Samarin, & wrote letters all the after - Bishop, Channon, Fr Warren, Fr Daw. Tonight sewed pant. Dad has caught a heavy cold, I don't like his cough. Lump normal, Lil has finished her blue velvet hat & it looks quite nice.</p>		<p>I went up to the fast in bed, up at 10 did house job, stairs Lil. I got a lot more rubbish burnt. Spent after sewing - pant, Pettis. Chilly so I lit a fire. Tonight Mulligan asked Lil to baby-sit, so we both went. I wrote to Miss Brewster at long last, & a couple of others & read Lil read magazines. Dad's cold seems better but he is coughing a bit now. Water chillier. Letters from Rev. Mother & Bessie Newman. Now after 11:15.</p>

"Vi-Lactogen" babies are not troubled with constipation.

NOVEMBER, 1956

DERBY - SCOTTSDALE

Time	MONDAY—November 19th	Time	TUESDAY—November 20th
	<p>B' fast in bed, & not up till 10. Mrs. Barnett came to say good bye & they went at 9. Lovely day. Had a bath, helped Pat hang out clothes as usual & sewed my dress on her funny slow hand machine. After dinner Pat took me for a spin through Lehigh, W Lehigh & Herrieh, lovely country, some like S'dale some poor husband & these dramatic-looking mines here & there. Sun quite warm though it went in at times. Saw the Lehigh swimming pool, found I had lost my gloves so called at the hotel & found Alf, asked him to inquire at W Lehigh tomorrow. Tonight had dinner hand sewing on the dress & some darning & drank a bottle of beer. Pleasant chat. Tom is so silent. Tony a handsome youngster at the most very polite stage.</p>		<p>A perfect day - clear sunny & hot enough for a cotton frock. B' fast in bed, up at 10. Did Pat's grooming, & did more to my dress. Pat gave me a dress she can no longer wear - it needs a lot of altering & is not suitable for W.G. as it won't wash. Sewed while the guests were present - Miss Parry, Mrs. Jones & Mrs. Kallfel, the last named a most attractive person. Alf called at 5, & home by 6. Lovely but felt a bit sick on the Billy Cook - too much cream cake! Dad's cold is heavy, & his head aches violently after coughing, but he eats well. Walked in the garden for dinner till 6, but not up till 11.30. Poor old Lil. Alf tried so I had no game of crib & Pa then he went off to bed at 8.30. I hope I haven't caught his cold. Win's letter came - thrilled & her pillow Rang from Buck but she was out. Hope to have lunch in her tomorrow.</p>

Time	WEDNESDAY—November 21st	Time	THURSDAY—November 22nd
	<p>up at 7 for Mass. B'fast & changed to a summer frock (!!!) & we got off at 2 to 10, just Joe & I. Had a supper in Town. Then rang Jean, who picked me up in the car at M.D. & took her home for lunch. Lots of good talk, poor W. name Jean. Have a very worrying time with their mother. L.H. Peter a lovely bright well-mannered kid, but I did not see Wendy who goes to M.L.C. I into Town at $\frac{1}{4}$ to 2, & I chopped. Got some pretty yarn for a dress @ 19/6 yd. & a nice cloth for vesta for £2.2. Ran into Brenda, whom I didn't know at first. Had a quick supper at the Rest Room & met Alf. Alice at 4.15. A's plan was $\frac{3}{4}$ hour late, owing to Olympic upset. Perhaps. Anyway a Honolulu plan brought her over. She is thin & looks tired & nervous. Home via Lilydale. Lovely tea. Lil had been to S'feld M.D. I did odd sewing jobs tonight, couldn't write & talking going on. Dad's cough still & miserable.</p>		<p>A productive day, & a very lovely one as regards weather. Dad still & miserable but no temp. & coughing less tonight. Up at 8, did housework & got some letters written before dinner & more after. Alice up to b'fast & to easy to entertain. Got my letters posted by 3, & got £8 from the Bank & also arranged for Lil to control my apt no. 1. Up the street & Lil later, & all the rest of the time sewed. Have done my red dress & left hand-sewing, & doing the bedspread tonight. Alf & Alice. I talked while Lil played with Dad, then Alice. I talked till 10.15, so I am sleepy. Letter from Ella & £2 from St. James's W.A. & ok says he will leave her on the 18th, not to come home for them. must think I am a bit. Love to see + P. Heard the opening of the Games this afternoon while I sewed. The Duke set an example of brevity when he declared them open.</p>

NOVEMBER, 1956

Time	FRIDAY—November 23rd	Time	SATURDAY—November 24th
	<p>24th</p> <p>Lil got off to town at 9 a.m. I did not get back till half past M.N. Saw a nice film Alice swept the house right through for me, but I was kept going on odd jobs except for about 10 min on bedspread. Wrote no letters & did no sewing. Went up the street. Alice after dinner & posted Nesta's present etc. & after afternoon tea Alf took us almost a circle round S. Dale along some lovely bush roads. Back at 5.30. Lovely weather. Got tea at 8 & went off to see Win. Ros. Alf miserable & cold, went off to bed & poor old Alice played crib & Pa till 10.20! I had a nice talk to Win & Sue was there, a most attractive lass. I sewed my red dress as I talked. Bed 11.30, & went to sleep over my book.</p>		<p>Poor old Lil always cope it. Last last night & baby sitting till M.N. tonight she was to do a baby sitting till 10.30 & the M.N. on, but Alf is full of nursing & threatened to go to bed & leave Alice to play crib & Pa who decided not to go to Lodge. His cough is much better but he still gets spasms. So Joan Ryan is doing Lil's job. Lil went & I played & Pa. Lil has caught the cold, & I fear I might. Did housework this A.M. & got on to bedspread at 11, to lovely music. Finished bedspread, curtains, red dress & pressed them. At 3.30-ish Alf took Alice Pa & me to the Post but the lovely morning had changed & we had heavy rain, lightning & thunder. Called at the Maes but they were out. Went past Granite Pit but saw little, home at 5. Dad saw almost nothing. Now & howling S.W. wind & some rain & cold.</p>

"Lactogen" is suitable for adult feeding where ordinary cows' milk is not tolerated.

NOVEMBER, 1956

Time	MONDAY—November 26th	Time	TUESDAY—November 27th
	<p>Lil is cold still mostly languishing, but she coughs a bit. Alf took Alice up-country for the day. I did washing, some sweeping, read the paper to Pa. Lil did the ironing. A better day - blustery SW wind, & flecking sun. Mother dried well. After dinner lit a fire & cut out the nylon frock, have done a fair bit of the sewing. Tonight have written 3 letters to Lil. Lil did the cash & Pa & then played crib. Alf got Alice to speak to the school, so he is getting out of most things. He is still crookety, upset. He cannot face his fears. Says he will take me to town on Friday. Weethy can't arrange for me to go on Friday, I am just as well pleased.</p>		<p>Weather warming up, so that the temp outside was many degrees higher than that in the house. Lil still husky, coughing a bit. She got a 6' fast tray to me as I was dressing so I got back to bed. Alf & Alice went off at 8.15, back at 6. A nice air of freedom about the house - just Lil & me. Did housework then finished the bonnet by 11.20, & another good old bonfire. Read the papers to Dad. Dinner - Lil is burning on beaut meals. After dinner changed up the street back at 2.20, sat on my sleep-out as much as possible, got on in my nylon dress. The hall was like a refrigerator of upstairs. Worked on dress till 9.30, Lil made belt - it is all done except the hem & looks so nice. I feel tired of keeping at sewing & will do other jobs before deciding about next dress. Saw Alice & dress length. She played crib & Dad tonight. Went to Canon Warren. Bath & bed.</p>

Time	WEDNESDAY—November 28th	Time	THURSDAY—November 29th
	<p>A warm day but a beastly cold southerly again tonight. I am less startled than last night but think Mrs. K is near. up at 8, did housework, Lil fried the ham of the mutton for me. I got my head washed, the hair done, sitting in the sun. 4 letters, one from Freddie Bottom who says Lebanon is fairly quiet but 195 wishes have had to leave Syria, & even they in Lebanon have police protection. Alf, Alice, Dad, Ma and got away at 1.30, Al's plane was late. The others got home at 7. Lil went to Guild, I checked cash, odd job mended & got things ready for packing. Sewed a little apron for Heald's Fair. Thought I might get Ella's material cut out but can't get dress finished. Lil & I had a nice tea alone. She took me to the pictures, a delightful all-English programme, a "Who Dares" & a lovely comedy of the Scottish coast. We roared & laughed.</p>		<p>Bitingly cold all day & sun at intervals. B fast in bed. finished "The Temple of Costly Experience". Did Dad's room & spare room & bits of preparation for packing. Letter from Miss Mitchell & got a cheque away this afternoon for £19.16.5 which squares us. Wrote other letters. Rang Lil & she says John will meet me (us) in Town tomorrow. It will be lovely to see her again, both of them. Went to the Bank & Alf took me out for a lesson in driving the car, & I am pleased about that, but would like stacks of practice. He a bit jittery, but much more cheerful since Alice went, though looking more tired. He seemed to put on his worst face for her. Dear Lil had scallops & strawberries for tea - all just delicious. She was a hamper at a street stall too. Tonight cut out "Ella's" frock, & fitted. Lil coughing a lot. Reg: E may not be able to come after all. Have my things ready to pack in A.M.</p>

NOVEMBER-DECEMBER, 1956

Time	FRIDAY—November 30th	Time	SATURDAY—December 1st
	<p> up at 7 for Mass of St. Andrew. Erno seemed to mean. 15' past. packing & we got away at 4 to Q. Mand' commenced to go. Lovely day but cold wind & glad of thick costume. Waited at ANA for Leif for 1/2 hr & saw the Atkins & Goy. Leif came 12:30, in thin. John & Pat, Wandy at Archie & big for 10. Leif. I had lunch at C 125 & talked, did a bit of shop- ping, & to H.T. for after tea. Fr Palmer & attentive. Got the plane bus at 4:5 & good trip over in a Hawaiian plane arrived 6:15. Had a beer on the plane. Like a fool I didn't let Fr K. meet me, couldn't get a taxi, had quite a task lugging all my luggage to Balls. Bob looks well, Mrs B much better than I expected, but in bed most of the time. Bob is going grey. Had some soup. Much talk. To bed in lounge at 10. Bob in charge, refusing help. </p>		<p> up at 9 & fast in dining room, as did Bob. He brought me a cuppa in bed. We are much more like brother & sister than before & it would be good if it continued. Much talk, little work. I wrote 2 letters. Met Mrs. Macdonald next door, a Hobart girl. Glorious day, hot sun & cool breeze. I sat on the lawn while Bob planted out geraniums. He spoke quite fully about affairs here. He is a good son. We went for a walk, in pleasant Jack, Nelda to tea, both a little plumper, otherwise much the same. We drank beer & got fairly full of merriment & laughter. Mrs B cooked the dinner but ate hers in bed. Talk this evening. They went at 9. Jack and have given me an invitation to the cathedral: the Duke I think only I was going to CC. I gave Bob his cuff links & I think he likes them. </p>

MELBOURNE

DECEMBER, 1956

Time	SUNDAY—December 2nd	Time	MEMORANDA
	<p>For 2 mornings I have had running pains but still no Mrs. K. up at 7, wore my nylon dress. To 8:00 Mass & Bob. Breakfast at the Vicarage, 5 young men, then 9:30 Eucharist. Such a welter of impressions, all lovely & some devotional, but I could not concentrate at the 2nd service to see the old faces - Miss Weston, Mrs. Phillips, Rona, Merle, Alan & Bob N. etc. I am disappointed in the figures behind the altar, though of the modern type of work I suppose it is good. It is better at close quarters. Much talk after Ch. & Alan thinks he can get a projector for us & valves for the radio. Then at the Vicarage, then to dinner. Mrs. B. always eat in bed. Bob went back to the Ch. at 2, I wrote letters & prepared a talk, & read a bit. Not cold-shavery - muggy all day, thunder tonight. I had a bit of a doze before tea. Tonight rang Dorothea & am to go to Dromana then on Saturday. Listened to a play & read a bit.</p>		

DECEMBER, 1956

Time	WEDNESDAY—December 5th 6.12.56.	Time	THURSDAY—December 6th
	<p>Whole day! B'fast in bed at 8. Kati talked a lot. She really is a nice thing & a most gracious hostess. Shaved in the nice new house. At 11 met Alice & to Kari for lunch - a really mixed old-fashioned family & all generations mixing together well. Nigel has decided at last to get married. A huge lunch. Missed the bus at 2.15. & Alice insisted on a taxi & came in to Ringwood. Train to Mitham & saw dear Miss Fox. She looks much the same but her speech is hesitant & Mrs. Verring says she had a slight stroke the other day. I don't think I will see her again. Left at 4.30 as she was going, waited in the sun & read till 5.30 when Jas W. Elkins picked me up & had a lovely evening with her. They have TV, & we watched the Games, swimming & diving & saw the Duke there. Geoff showed me his film of Gora, it's good but for slow. Left at 10.15 for the train & got back to Balls at 11.30. Letter from Ted who seems to be missing in. Poor dear</p>		<p>Up 7.30, bathed, washed clothes & folded till 10.30 & to Town. No day in N. wind. Booked my seat for 19th at Ansett's & to G.V. Kars. Dr. Hardy. I remembered her from 9 years ago. Got a nice lot of instruments etc. & new nasal syringe! Called to see Dr. Charlton who looks much better. Long talk & she showed me the lovely new babies ward. I had a talk to dear Kate Campbell. Got lunch at Coles. Talked at ABM. I saw Bessie there. To Camberwell to see Mrs. Andrews & went in the wrong direction in Burke Rd - but found her at last. A dear woman & a strong face. It must be hard for her. She has been in Hospital helpless for 8 yrs & was glad to see me. We talked mostly about Hugh of course. Back to city a bit of shopping & back to Brunswick.</p>

DECEMBER, 1956

Time	FRIDAY—December 7th	Time	SATURDAY—December 8th
	9.12.56.		9.12.56.
	Had communion - Mrs B at 8.45. Bob did all the preparation but did not receive the sacrament. F. B. talked to Mrs. B. in her room while I had breakfast, got ready. Then drove me in to ABM, blew him a most interesting talker. Went through the instruments & saw for them to be mended. To John Hubbert who filled 2 teeth. To Dr. Fairley who saw me but obviously tired & taking short cuts. X-ray, scan. O. K. Gave me some amp. of Quinidine for tired muscles. Lunch lunch to H. Berg, sat next to a Philippine Olympian who gave me his autograph (offered it!) & I gave it to Eleanor. Mr. Henderson, the minor, having a dreadful time in Iowa who is almost an amputee. Waiting for his transfer to Royal Park. Miss talker & Mr. H. when he came in, I saw a letter from Joan. Mr. Wynne had his appendix out. Left at 4.20 but was late. I got to town at 5.40 to F. Kennedy. He took me to Loney Hills, I got to Ringwood. Dinah at 6.45. Gladys cooking dinner. The kids welcomed me. They had been to the Games. Tea at 8, shelled peas till 10. No real talk. The kids have grown, are lovely. Bed 11.	up 8.30, what a before & after household. B's fast slow in bed, Dinah washed sheets while she ate, Jack does not contribute much to the household job, but the kids girls do. I couldn't get to the bathroom of the washing being done there. Dinah helped where I could but little to do, while B. did a phone and things. Jack went shopping, packed the trailer. Got away at 10 to 1, miss trip to Dro- wave & fish & chips in the car at Frank's for. The house at Dranam is lovely, well-planned. Everyone here into work again, unpacking the car, clearing and cleaning & furnishing a downstairs room. Gladys painting, Jack fixing electric wiring. Cold dull day. But the place is lovely. Cuff at 4.1 heard the clearing of the Olympics, the girls. I went on the beach & I learned they have both been confirmed but seem vague about what it means. It seems clear that Jack & Dinah have left devotion behind them. Very late & hines dinner. Then off to Frankston by car. I felt like crying over that family. They have lost so much of value though much remains. Home at 10, it felt like a real homecoming. Mrs B. & Bob	

Milo—a valuable food for expectant mothers.

Milo—a valuable food for expectant mothers.

B'WICK - CHELTENHAM.

DECEMBER, 1956

Time	SUNDAY—December 9th	Time	MEMORANDA
	<p>up before 7, bath & to Mass. Bob. Cold & cloudy. 8 o'clock Mass. to Paul & to 9:30 Eucharist - a golden service. S. I. at 8 the Wright family. Lovely to worship in Bob. Much talk in the Parish Hall. Saw Mrs. van Leeuwen & Miss Kempton & a Barbara Senior miss laes. asked Fr. B. for advice for a book for Eleanor for confirmation. Wish I could do more for the kid. Sherry in the evening & then for dinner. Repacked. Charlie came at 2:20, & Mrs. B. gave us a cuppa. We invited Bob to go to the Olympic Village & he wd. have liked to go. I could see, but refused. A tender touch of the hand for good by. Charlie looks well. Went to the Village: crowds there. Saw little. Then to the City & looked at the sleek black Britannia with the Royal Arms at the bow. Saw an elephant strolling up Spencer St. past the station. Drove down the bay side to Ighite, got a se-ss welcome from Bob Trig Trig, little Ellen there, sweet kid. Trig has improved in many ways. Pleasant time. Helped wash-up. Then Trig drove</p>		<p>Charlie & me over to Community House. They shy of it all & I a bit shy too. I am sorry to say. Lovely to be here in an atmosphere of detachment & devotion. The sister so kind. My room is MEETNESS again - as it should be. The dear Mother came up later to welcome me. My 2 days' retreat is starting but I must write a couple of letters.</p>

"Vi-Lactogen" is free from all pathogenic organisms.

DECEMBER, 1956

Time	MONDAY—December 10th	Time	TUESDAY—December 11th
	<p>up for Mass in Community Chapel at 7:45, in Retreat all day. Dull at first, but sunny later & have divided my time between the Retreat House & chapel & the sun. Have thought & read & prayed hard & stayed in between whiles. A walk after tea & new to bed early. Have been hunting for causes for repentance in my relations - Joan & can't find much. May be a "convenient" memory. Had a peculiar but strong feeling at Mass that mother was helping me along. It brought back some thing of the emotions I felt at her death.</p>		<p>Mass in Retreat House at 7: conducted by Fr. Edwards. Fr. Drought in congregation. Gloomy day. Sat in the sun, could not concentrate on Matthis & went to sleep. In & out of the Community Chapel & put some solid thought in to it. Obsessed with thoughts of the future at Eroe, especially relations - Joan, which is quite wrong. I prayed that she might not be too important in my thoughts. Fr. Kennedy rang at M.D. to say the O'bank was sailing at 5 today & I decided to break my Retreat & go in to meet the 3 newbies. Pleasant after tea: them, & also met Mrs. Sweet who had Brian's & mascot, & good. Olive Black a most attractive lass, Miss Morey I reserve judgment on. Fr. Dickinson small & frail, & not of this world, but he might have fire underneath like Key Smith. He brood on my return, & brought down over my reading. Fr. Drought spoke to me this P.M. & hope to see him on Thursday. But does not come in till the end of January, alas!</p>

Sufficient organic iron now added to "Lactogen" and "Vi-Lactogen."

CHELTENHAM

DECEMBER, 1956

BRUNSWICK

Time

WEDNESDAY—December 12th

A pleasant day. To Mass—a sort of Thanksgiving. After breakfast washed hair, clothes, wrote to Jean. At 11 went over to Fr. Drought's to arrange a hire, stayed till nearly 12. Nice talk but a feeling of things left unmet. He had a letter from Thérèse who is to come over here soon to see Dr. Pennington, poor dear. To bed at 12.30. Had a lovely long talk to Sr. Sara who looks blooming. Dinner at 1. Then many phone calls were Dr. Wilson whom I am to see on Sunday night. Decided to go to Town, had a coffee—Charlie arranged taxi, then to Athenaeum for 4.45 show. Saw some lovely views of Nepal, Mt. Everest, then NZ, then Pickwick papers—excellent. Also arrival of Hungarian refugees who looked as if they had been thru the mill. Arrived back at 10 to 9. Cold, some rain.

Time

THURSDAY—December 13th

Sister gave me breakfast in bed. Dressed, packed by 9.30 saw Rev. Mother who was so sweet, & got a book for Pat from her. Saw Marie Ras. Sr. Agnes, very jolly in spite of a cold. Got away at 10 for the lovely place. To Children's Home & then Ellerslie by 11. Met Sunday Sister, then a long talk to Cassie. Her mind is even more flighty than before & more bound in on her own ailments. Mark's called for me there & to the lovely bun for last lunch & much talk. Her kids are boring & full of intelligence, (as well as allergy) & she unchanged. Left soon after 4 to B'wich. Talk read mail, dinner. Fr. Bewal called for me to take me to the meeting. A pleasant & games etc. & the dear gave me £5. I talked on med. work. Home 1/2 to 12.

DECEMBER, 1956

Dec 12th wedding day for dear

Time	FRIDAY—December 14th	Time	SATURDAY—December 15th
	15-12-56		
15-12-56	For Bowak came at 8.30, & Bob. I breakfasted while he was. Mrs B. Much talk after mostly about delegating work - rather apt perhaps. To Town at 10 & stopped. Got 3 p.m. shoe from Wallace's & inquired at Melmans, but cannot cost £15. To K.M. lunch & Fr. K. who got a call about Warren who can't go to Melb. Grammar. Fr. K. is heartbroken & reveals it all in his distress. He hopes such great things for his boy. Offered bag & I got my railway ticket for 3 ^d to Mr. Fellows & instrument. He was most helpful & to me. Can't have them done by 3 ^d . Was shopping & bought a satchel for my writing things & several books. Saw Mr. Westbrook in Registry Office & Glas at G.B.R.E. Glas talked of a part of senior S.S. They are starting who seems excellent. Know nothing more of Rae. Nam & B. work. Talked from Jan full of problems to work out. After tea. Bob took me to the City - no work but took it for granted. - a most pleasant evening seeing the lights & had coffee in Collins St. Back at 10. i much talk.		up at 7.45. got away at 9.15 to Brighton. Good day but got worse & brought bitterly cold. Found Annie. I had a pleasant morning discussing the ancestors. Saw portrait of Abraham & Eliza Biggs my great-grandparents. Charles came at 11.30 & we talked. Mary has her enthusiasm for "some new thing" & described a large one of hand. She had for a faith healer. Hypnotist appeared to play a part, but she was so impressed. Left 12.30. to Dd's she in a worse mood than I have seen her in but thawed here. There after dinner C. took me to Brighton. I saw Dr. Marie, a so bright & lovely girl. a little like Jan. I missed Dr. Gracemary. Saw the lovely Chapel. To took me to Warrandyke. pleasant run. Talked & was hard words from Bob. He gave me a xmas present & praise to I had one in my bag for her. Talked over tea - acres of senseless talk most of the day - I brought me home. City lights lovely & to University. I saw the incredible new Wilson Hall & an architectural display. Modern sculpture in wood, stone & all sorts. the most compelling mural but I feel the place has no soul. On side

"Vi-Lactogen" does not need the addition of Emulsion or Lactose.

completely glass & concealed lights which are brilliant. Loudspeakers set in the walls.

BRUNSWICK.

DECEMBER, 1956

Time	SUNDAY—December 16th	Time	MEMORANDA
	<p>up at 5 to 7, & to CC for 80's service by myself. Very lovely & prayer is easy. Lunch supper at Sacandaga & St. Peter's & sat for 9:30 service. I felt it less stiff than I have formerly. Mr. Davies took me in hand afterwards & took me to St. Paul where I sat next to Mrs. Agar, & saw Miss Hammond, & Fr. Maynard. The Rev. B. preaching at 11 but I got away before he arrived. 2 St. P's people husband & wife going to Borneo as teachers. It good. Weather had warmed up & strolled down Banks St. looking at shops. Home before 12. Little done, but offered to help Bob at the Church as we spent 3 hrs counting birth money. Lunch a lot of work but pleasant & had a cuppa in the Sacandaga garden. Home 5:45, tea & went to see Maynard Wilson. Charming, last purposeful. I think capable. Not yet anglican but to be instructed at bathed next year. Not much sense of vocation I think. Home by 9:15. Bath & bed by 10:15.</p>		

ESSEN DON

DECEMBER, 1956

Time	MONDAY—December 17th	Time	TUESDAY—December 18th 19-12-56.
	<p>up soon after 7. Got in touch with Mary after some trouble, as they haven't the phone or though it is in the book. Arranged to come here. Said good-by to Bob as he went off to work & his usual friendly kiss. To City & small case, stopped a little & to A.B.M. Talked to K about Dr. Wilson, Comrades' Conference & back to B' with 300 my big case, set off. Mrs B. Bob gave me a pc of gorgeous gossies for my birthday, almost a pair of those I was wearing. Said good-by. She is a so generous & kind soul. Delays & by the time I got to Mary the cold had changed to sultry heat. Arrived 1:10. Hugh still in bed. Gave a dear womanly little kiss. Mary much thinner & so gentle as always, not so boydenish as she was. We seem to have talked & eaten ever since. Had Mosaic on radio-gram & hardly listened!</p>		<p>up after 8, a Septate sad of start. Hugh could not eat, & Mary was up early. We all left in the car at 10:45. Mary for his & Mary & me to go into the City. To Bank for cash, a bit of shopping & to Miss Henry H. by 12:30. Even look well, happy, has gained wt. Her usual welcoming self. Ted in his dining room & wanted to show me over but I suggested doing some talking. Nice to see her again. Left at 10 to 2. to DBS then A.B.M. & P. there & looks well. Had a nice chat. At 2:30 Mr. Widdows took us to the meeting. The Arch B. welcomed us. He looks a bit tired. I spoke a few words & then sat by the Arch B. while P spoke. I well too. He said some things about me that I value as he said them, but for another I wd consider flattery. As I think he misjudges me. Off then: Mrs. Denise, who is so nice & sensible, many greetings about equipment. Saw the Green & Thomas who kissed me then bid good-by to all. To Essenden by 6:15. Mary had had a G.A. & was quite clafay. He slept, but then we went to a party next door. I met & Kodachromes & a wonderful supper but Mr. I. is tired. Bed 12:30 & read a book till 2.</p>

DECEMBER, 1956

Time	FRIDAY—December 21st	Time	SATURDAY—December 22nd
9/1	A cold day & shower. Not quite as hot as yesterday. Now improving. up to Mado. Did the sweeping, on to letters at 10.15, chasing a warmer spot here & there. Got a fire at 3.15. Got some mail off before 3 & was ready tonight. Lil has been feeding us like fish & cocks - more mushroom soup & scallops & birthday cake for tea. Lil baby sitting again tonight. I wouldn't let me do it for her. Letters from Ernie tonight. Dined in & heard the Messiah from Hobart. John one of the choir. Quite good. Played patience & listened. Now nearly 11.		Better weather, sunny but chilly. Got out of bed when W in brought my breakfast (was scallops) & I got back to bed to eat it. To Hosp. at 9.30 met Dr. Dickenson. Dr. I showed me the Hospital wh is really very nice. Let me sort out what samples I wanted. I came away at 11.11, for the first time minus a cuff. Cold job here, I started sorting my belongings. P.M. wrote letters mostly to N.D. sitting on the sleep-out. After tea did a spot of ironing & to Confirmation service at 8. The Bp. was really good & candidates Rosemary & Jill & came. Mr. Aubrey Griffiths couldn't come: his husband died suddenly this afternoon. Very sad. I was surprised. Was there. Supper in hall afterwards. Bp. & pleasant to everyone. Chatted about choir. The Ch. quite free & religious. Pleated. Economically soundly doing well. Mr. Clark took in hens. Collected W in who was baby sitting. I drove us both here. Dad left early & walked. aff didn't sit out the service. Sun. talk, bath & bed.

"Vi-Lactogen" is indicated for feeding of premature babies.

Time SUNDAY—December 23rd	Time MEMORANDA
<p>up for mass. Still cold though. Later the sun was out. + G. celebrated. Although he appeared about as well as by 8:35. B'fast, odd jobs to 10 o'clock. service. Mattie's sermon & dedication of Parish Hall. Very good in spite of the ringing. I think it is the first sung Mattie's I have heard since the Queen's visit, will probably be the last in this church. Mr. Rous came up from Hobart. + G. is agreeable. He told me that Mrs. George C. has gone to Indiana to be with John & Jay. Jay still trembles. her amnesia. Mr. Hamilton drove us home. He says the dried butter-milk \rightarrow 36% protein, = to dried skim milk, & he sells all his 30 tons to Ovaltine. Spent the afternoon going through bookshelves, old letters & papers & got tired & dazed in the sun for an hour. Mary Gladman to tea, a nice lass. Her father & ours at a Men's Parish tea. Win. I stayed at home from the Carol service to-night which seems to have been an endurance test till nearly 10 p.m. Heard some lovely cards. Plain & shiny. I wrote to Pat D. started a letter to Vera.</p>	<p>making their first communion. Treasuring afterwards & home in the latter. SW mind to a cuppa. seems pleasant. Bed again. Now 1:30.</p>

DECEMBER, 1956

Time	MONDAY—December 24th	Time	TUESDAY—December 25th Christmas Day
	up at 8 & did the washing. A cold wind but out of the wind it was warm & sultry. Clothes dried & quickly & did 1/2 the ironing before dinner. Alf is sorry for himself. I swept a lot of dirt upstairs. Letters from Canon Warren, Miss Radingham, & a card from Miss Lewantes & a 5-dollar bill = about £2-10! after dinner wrote to Canon W. & Miss H. after after tea to Mr. Puffin. Alf & I in for flowers then to the Ch. for decorating. A cold, miserable & tired, wondered if I were in for malaise but look fairly well. I came home & went to sleep in the sun & felt better. Mollie Dunham came in for a cherry but I slept on. Found everyone going to Mass, so I did too. Did a spot of sorting of old books then bath & in bed prepared & read & slept. up at 11 in the cold, & during Ch. heavy rain which brought rather cold. The beginning quite spoiled by the noise of men trying to fix the loud-speaker for bells & carols. In some way the service was hard to bear, in some ways it was altogether glorious. It is hard to remember the glorious part more than the other esp. Rev's faithful & how solemn. A lot of people there, Mrs. & Mr. Clark		Very lovely to be at home today. The cold has been wrecked. I felt yesterday I felt quite warm this after a quiet being cold. up at 8 & actually got out of bed to fast in bed! We came down in spite of orders & we ate together in dressing-gowns. Dressed. old job, got on to sewing in my sleep but as Dad's his tobacco occupied the sitting room. Heard a glorious Beethoven Concerto 10-11. 11 in like a Briton helped me in my sewing, so that I got well ahead but got tired & made some stupid mistakes. To Rectory at 3:30. Dad was coming 5 collar tie, forgot they weren't on, so didn't go. Rather pathetic but he was probably not having enjoyed it. I got in the sun & heard the fire & warmed up. Then after tea, quite a crowd there. Mr. Hamilton promised me poppies & dried butter-milk. He drove home at 5:30. Alf came home at 3. At little tea, still cold & stayed at home by the fire while the others went to church. Wrote some letters. Bed at 8:30 & at some mallow-lane strawberries & cream. I don't know how Joan J. keeps going, & so bright. Lil tried but doesn't give in like

"Lactogen" is easily digested by the aged.

note. Took some extra Paludrine in case.

SCOTTSDALE

DECEMBER, 1956

Time	WEDNESDAY—December 26th Boxing Day	Time	THURSDAY—December 27th
	<p>Still cold & miserable but an improvement on yesterday up to Mass, only Lil & Ther. Win had to fast in bed today. Alf got off soon after 9, looking & nice in his new suit. I went & sent a telegram to Mayl. Jack got a basket for tomorrow's lunch of housework & the sewing. Win helped like a Briton & got me a new dress while she finished the current one. It looks & nice too. Heard the Duke's & Queen's broadcast. The Queen is good - I wonder who wrote it? Lit a fire at 3, washed my head & dried it by the fire. Sewing till 8.30, & did some typing of N/C list, while Lil & Win played crib & Dad. Lovely meal & have eaten too much. Am getting very fat.</p>		<p>Up for Mass. Weather much better, even warm but glad of my warm costume. Have had a lovely day. Glorine runs to Town. I could appreciate it. Thank God for it. To Tourist Bureau 11.150 Vera & Ol. arrived at 11.30. Was with him till 4.30 talking solidly. He came in while I shopped, lunch at Met. I talked there till 3, aft. tea & Vera 14.1 P., & met the Tids at Menstead at 4.30. Ol. thinks the Duries saw the SAC situation. Still don't know if he will go to England, depends on op. he thinks but not if he has till November. He gave me some nice words about the Han situation. Name: the Tids by 6.10. Have sat by the fire tonight. Win got on & my sewing, bless her, & I did some tonight. Tired.</p>

DECEMBER, 1956

Time	FRIDAY—December 28th	Time	SATURDAY—December 29th
	<p>Slept till 7:30. Then had b'fast. It rained almost incessantly all day till 6:30 P.M., cold & dreary. It is most disappointing. The poor campers! Did odd jobs, but the Mercedes broke & did not get of seeing while Ella went. Got a glamorous night's pen drink & shortened it. Went up the street after dinner & paid my signature for Sydney. The way did not seem till nearly 4, pleasant but noisy after such nice kids & John. Many the same as ever. Big afternoon. They went & really I shouldn't eat much tea. Tonight sorted out some old letters & played Scrabble & Pk Ella, Win. & Lil played crib. Afterward I had a game of crib & Pa. Bath & bed. Lil put a plate of strawberries & cream beside my bed & plaster.</p>		<p>This better better weather continues today was than yesterday though fairly sunny. High winds that freeze my bones, my imitations, almost dry scrub. B'fast in dressing gown & took the kids in to their bed. Slept a bit & got on to my letters & papers, burning a lot & lining the past through them. Ak took Ella & Win & me to the Butter Factory to see the drying of the butter milk - most interesting. How the place has grown! At 2:30 we⁴ went to B'fast where it was milder, on the bank quite warm. Had an hour & the visit is pleasant. Tonight played crib & Pa & sewed my frog while the other played Scrabble. Bed late.</p>

DECEMBER, 1956

SCOTTSDALE

Time	SUNDAY—December 30th	Time	MONDAY—December 31st
	<p>A wonderful day. Cold but fine & milder P.M. Ella Lill. Win. & Mass. Home job & finished going through my old papers & treasures. Have yet to burn them. Have finished my pretty grey fur & blue striped dress. Ella's keep. P.M. Fred & slept till 3 was ABM Review. Ok took us to Rocky Gully to buy strawberries & home via Winston Rd. Dad went & refrained from smoking, good last. Wrote to + P. Thank & light To Church. Delighted to find Lane taking service. Out before 8, & home in biting cold. Shuckland in to supper & went at 10. Bath & bed - little done.</p>		<p>I slept in till my breakfast came - my last breakfast in bed. Read till 10. Win washed though it rained through the night. The weather warmer but the wind violent. Did not dare to make a bonfire. The Tids got away at 11:30. I sent out another fresh before dinner, pinned it up after. Bob, Gek & Graw came at 3, stayed till after 4, & even so Win. I between us have nearly finished it. She's on good scent. Jessica has got short, Bob well but has a hunch was. He doesn't seem to see beneath the surface much. Minnie's T.B.H. & Got cash, he is going to bring it up in the house. Tonight Lill is baby sitting. Win did Pa's cash for him. After we heard the 3les Club & the members sounded a bit drunk - then I played crib - Pa. The Ws had come out for Mrs. Gamm's funeral.</p>

Jan. 1st 1957.

MEMORANDA

NOTES FOR 1957

The first summer day we have had - wind dropped, warm. We 3/4 Mass. spent the morning sorting, packing, burning rubbish. P.M. packing. Harold brought Mary Reeves at 2:30 & stayed till 4. We to see them but a wash of time. Harold took some of my luggage. Put out another dress. Leffel's white lava, sea & rasp cream. Went to say good-bye to Mary, who was quite bright, looking odd job till 9. Joe & I with brought a party for Phyllis. Played patience till 9:30. Bath & bed. Have accepted the parking tomorrow.

3-1-57. For 2nd. POINT LONSDALE. up 7:30. Got off well. Porold had made such a speech of farewell as to make the whole good-bye. Said good-bye to Min. Ted. I had a pleasant trip to Tam, Harold met us & after a cuppa drove us to W. J. Melb. 2:40, got a taxi to ABM. Cassie there. Cuppa & caught train to Enslay. Weather hot & thick. Waited 1/2 hr for bus, Pt Lonsdale at 6:30. When Mr Call, welcomed me. All sea, there but Eric, 7, Chld's. Just missed + P. Joan. Bigger. Slept in her bunk & was in Mr. Mand. Ted & saw Bp Daly's pictures of Korea. It good indeed. Got an embarrassing welcome, found as I guessed that + P had given me a good "write up". He went over well, praise to + John ^{Daly} rather a presumption for me yet is offhand & almost unapproachable. Much interested in Korea anyway. We to see Doug Jones, father & greying. Will miss F. Hawkey in Brisbane. Met load of people over supper had it.

3-1-57 EN ROUTE SYDNEY. up 6:30, Mass & good - 7:100 young things there. At 6:15 got a farewell, said a few words. Looked at Lighthouse, good old Bessie St. Poor F. Kennedy had to drive me into Geelong. Lovely day sunny & cool breeze. Well at M.D. to Palmerston & D.A. Lunch at ABM. Lacked all the after. Cuppa. Alf & Alice, muddled over taxi driver at Sp. St. & A.A. & off at 6:30. Dear Bob. Ready to see me off. Mrs. B. had a fine heart attack. Bob convinced it is genuine. Poor dear Mrs. K. came

4-1-57. What a day. Quite hot. I like being hot. Had a sleeper to myself in mid. Got 1/2 to his sleep. Breakfast at Mass. Syd. 9:40. Miss Mitchell met me, also 211 Fred who has organized M.E.'s. Had my luggage. Bless him. Bought a mattress, cuppa & Fred who

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look well but says he is tired. To Angus R. - ordered
 the Practitioner for 12-12-57. ran into Neesens' Ethel took the
 all teeth. Edith well. Lunch: Fred & Co. To 14 Spring St & Tascas
 Left. got luggage. Fred & I came here to House of Epiphany in town
 Miss Robertson most charming & offered Fred a cuppa but he
 had to go. I turned boy to Henry & his min (P) here. is pleasant.
 Also Owi Blak. Unpacked & repacked smaller case to go back
 to MCs. Coaldrake arrived after 6. Maids look well. Didn't
 realize she was frequent till she said she has 6⁵² to go. Frank
 hired. old. The kids lovely, Margie a dream. so friendly. This
 to see them. I moved Coaldrake things. talked to M. + Parred
 at 8:17. Childe. Talked to Frank but we all had supper together
 Canon Warren has got me a brand hypewriter the twin of my own
 for £37. I Dickenson doing C.C. M.L. with B & Hope has a bit of holiday
 Jan 6th 1957. for 5th up for Mass at 6:45. is lovely. + P
 remembered F. Remney. Bp Newton, F. Hope, Bill Gill, birthday of all.
 Bill C. joined loudly in Lord's Prayer. + P slowed down for his sake. all
 sort of jibe after 6:45. missed Margie. The Cs got off at 10. + Pat
 10:30 for lunch. the Arch B. I said good-bye. Am taking a suitcase
 for him. I washed my clothes. Lunch at 12. so tired after I slept for 1 hr.
 Margaret's Ray packed me up at 2 P.M. & they had 2 Tas girls with them.
 Joan & Dawn, the latter is miss. Went round Botany Bay. saw where
 Ray altered the course of George's River to their home for cuppa then to
 Bobbin Head, lovely run. At 6:15 saw Arch B. Mrs Mowl on T.V. is
 interesting but difficult for them. the interviewer was trying
 to get out of them what they did not want to discuss. Lovely dinner
 & T.V. all the evening. Home at nearly M.N. M. looks thin & tired
 but feels better.

6.1.57. Miss R brought me a cuppa at 10 to 8. up. to lunch
 early. Went round the Curzon Quay Str. is interesting. Met
 4 students of St James. 9 AM service lovely, met oddies of people
 inc. 3 Americans, & Joan Olsen a sweet girl whose room her
 I am occupying. Back at 11:20 after 6:45 in crypt, missed
 till lunch. Washed my head, did P. fixed luggage & wrote

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Letter started mail all afternoon. Olive brought Miss Mary for tea. Miss M. starts at K. George & tomorrow. Olive for you to B. Lane. Then goes to Annabel at 6 AM. Tired & the weather threatening so did not go to Ch. Olive changed in some Kodachromes. Suffered - Miss R. bath & bed.

Jan 7th Monday. Bought this nice Bire today for a gift for someone & strong & a chilly wind today, dull & rain. B. fast at 7:30 did my room & ran into Edith Cates near Stanmore. She looking well. in R.C. Left case at M.C.s & labelled my things, got 750 from Bank & paid for typewriter 14.0. is friendly but not homely like Vic. Fried packet at B.P. to W-Vs. but Mr. English away. Met Lesley at D.S. at 12, slap-up lunch of oysters, turkey, much talk & I well. Shopped all afternoon, paid for my matters. Home 5:15, had a cuppa. Found Buloh held up till 11th. Fr. Ranscliffe here, nice man. Tonight wrote to Lil. O.J.A.

Jan 9th for 8th. Trip for Mass 6.45. Got off to city about 9, got packet for pictures for Miss R. in, got Florence Allshorn from C.M.S. as a gift to this library. To Merrill. had morning, till 3. Maude saw the house, some of their lovely Japanese things, & helped look after the kiddies. Maude is interested in needs of needles or penknives. Frank out, could not get home. Mr. spoke of Ras, as bordering on religious mania. Got her address & may write. Very tired & did little things in the City. Boat sailing & Mr. Friday Home for dinner. had a sleep. to the King and I enjoyed it so much. Home 11:30 cuppa.

9.1.57. Wednesday. Tired AM & worked hard tonight. Trip for 7:30 to post, washing etc. & then got sewing new frock. Machine a beauty. F.D. came at 10. I saw his spot. Mr. Fr. R. got on well. Miss R. out for the day. Fr. Ranscliffe & I to town at 1:15, saw ABM & W-V. who spent ages answering my queries, & were so friendly. No confirmation of X-ray plant yet. To D.H.A. & other shopping. Didn't quite finish. Home by 6, dinner, wrote letters after 7.30. Nice talk to Fr. R. He is a well-drained man. & nice too. Rather shy at first. Cuppa, washing & bed 10 P.M.

10.1.57. Fr. R. called me - getting over his shyness if it wasn't imagined - to Mass. Spent morning on odd jobs - cleaning room, mending an hour's sewing. Fr. Austin 213 came, a nice old man who has kept well in touch - Melanesia, Papua. 12.0 lunch & got away at 1:30 to Llanurra. A neighbour arrived soon after Margaret brought

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me home, & was a most annoying person: hard eyes. I saw
 what Mr. Bell dinner, & the kids practicing Morse. Saw the
 news & Mr. Eden (an old film) as he has resigned. Ray took
 me to Neutral Bay to pick up the Prudergast, 3 nice old
 sisters. He talked & I well too, & has an analytical mind
 rather like Bob's. Saw pictures here, & good colour slides,
 as well as T.V. Supper & to bed 11.30 & tried again.

11.1.57. up 7.45. Chatty breakfast, much talk. To City 10.30. I
 stopped madly for 1 hr. Got a pair of bathers, & mail for
 49/6, hope they fit. Stammers at 12, met Archdeacon Reynolds
 of Melanesia. He was out, & sorry not to say good-bye. Packed
 off in the taxi at 2. Crowds at the boat: a lovely send-off. For
 Kope, Canon Warren, Miss Mitchell, Caldwell, Ted M., the
 Patters, Mr. W. Olden & Terry (!!) & the van Leeuwen (!!) who
 gave me some lovely fruit. All brought something. Mr. W.
 brought 2 gardenias from Mrs. W. Margaret. A lion came
 near the end. Saw Mr. Tuf Smith who is doing medicine.
 Don't see on board. Good weather. The trip down the Harbour
 good. Unpacked, wrote 2 letters tonight. 9 a cabin & Lewis
 & Chit after B'lane. Nice cabin, it costs £60.

12.1.57. Saturday. Supposed to reach Brisbane 7 AM. Very good
 trip, sunny, & only an occasional roll. I have felt seasick
 ish. Did Palman in 3/4 hr this AM 3/4 hr P.M. wrote several letters in
 the lounge, & how slept a good deal. Reading in between. Met some
 Baptist ministers. Lewis is sociable but I don't feel as Bill
 Wilding is on the Singapore run, & this bloke doesn't speak
 to us. - MacDonald I think his name is.

BRISBANE 13.1.57 Sunday. Nice day. Berthed at 6.40. Lewis
 up at 5.40, & I at 6. We 3 walked to H.T. the Valley for 4 to 8 service, lot
 of kids there, saw the Margery Breckley murder, & met the Vicar
 (Fr. Wicks) again. Breakfast in a Chinese cafe, to Cathedral 2-way through
 9.30 service. V good. Mr. Eickhoff there, met the Clarks & a Miss Elliot
 who took us for a drive till 11.30 & left us at the boat. Palman
 in, & dined well lunch. Lewis & I went to see Mrs. Law, who seems to

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happy, pleased to see us. Lunch hot & we were glad of a cuppa. Back 5:30
to Mural. L. Mr. Woodhouse a nice, kind T. Bennell. A poor
congregation met them, supper, a long talk in the kitchen. Mrs. Town
th. I. W. is nice, practical about helping us. The Ws drove us back to the
boat at 10:30. I showed them some of it.

15th for 14.1.57. Monday. Genie wakes early, as I do too. After breakfast did
a bit of P. Mr. Atkinson. Kevin arrived 9:15 & took the Poole car to K's house.
They have 3 huge kiddies, all bigger than their years but they played nicely
with the 2 Poole kiddies. K & Mr. A both look hard, but were so kind. Rang ABM,
Helena away, Jay Warren at R. Hampton. The Atkinsons took me to Woombly.
Lovely trip. The country round Woombly, Manbome glorious. Mostly
pineapples. Arrived 1:30, lunch & at 3:30 we all lay down & slept till
5:30. A hot day, we were all tired. Drove to Manbome, saw the Church
Lake damier, saw pictures of them. Home Bed 9:30. They are just the
same only older.

15.1.57. Tuesday. Up at 7:15, we got off at 9 after a leisurely breakfast.
We slept well, felt better. Good trip down, arrived at 11 at Kevin's
& had a cuppa. K & Mr. A put me in a train. Mr. A quite affable
etc. To City, posted letters, shopped, met T. Bennell at 12:30. A nice
lunch & better conversation. He looks ill and old, but has a dogged
sort of energy about him. We talked of vocation, & the value of med
work as a business in itself, & I thought evangelization as such
not necessary. At Manbome the Korean book. Must think it
out. Walked to the station with him. To ABM & met Beva's sister, a
pretty girl. Further shopping, back to the ship at 3:30 to find she
sails at 11:30. Cuppa, bath, odd job. Wore my new green dress. Elbe gave
me, feel well dressed in it. Glozier night, full moon, I, I sat by the
deck & read. Good, few liked it. Thanks but found none of like mind.

16.1.57 Wednesday. A moderate roll all day but good weather.
Washed my head, washed clothes, did a lot of P. went on better, slept 2
hours after lunch, borrowed a book of Melanowski from the Library.
Some talk to odd people since, a man travelling for Wm. Pearce. Says you
can get plastic & fusion sets ready stencils for 5/- 9 am in full
force. Out of sight of land since since, since this after. Snacks
for breakfast, Kate Campbell's son on board, all drank & sat.

TELEPHONE NUMBERS OF CONSULTANTS, HOSPITALS, NURSING HOMES, NURSES, AMBULANCES, ETC.

Nestlé's—Sydney	17 Foveaux Street.	B 0935	Nestlé's—Perth	Nestlé House, 188-190 St. George's Terrace.	B 6161
.. —Melbourne	591-599 Little Collins Street.	MB 4071	.. —Newcastle	Darby & King Streets.	B 1417
.. —Adelaide	25-7 Franklin Street.	LA 5751	.. —Hobart	King's Hall, 133 Bathurst Street.	B 2791
.. —Brisbane	Nestlé House, 188 Barry Parade.	L 2911			

17.1.57 Thursday. I think Mary's today. Unusually day of fairly steady work. Sea calmer, sky sunny most of the time. Did P for about 2 hours, read Joan's letters & thought about that situation, read a dull anthrop. book, slept a lot. Had a beer bought Olive, Gerard, & Mr. Poole picture bought Eric by Somerset Wroughton. Very good. Not bought. Just had a shower. I find Olive is engaged. She is a nice lass.

18.1.57 Friday. Tropical & humid. Did P. thought a lot about Eric & Joan's letters, wrote two, & finally paid my busman declaration. Had inspection at 11 to W. Bought 5 phb cigs. - 1/3 for 20. Had luncheon at 11. felt less agreeable, & think it is just the fact that cause it. Had a swim after afternoon tea but the tank is too deep & can't touch bottom. Lately though, the new bath thing suit a success. Olive won the Dick Dennis trophy, a silver sugar basin. Had anthropology at night on deck.

19.1.57 Saturday. Moresby. O. I had a swim at 6.30. After breakfast odd job & bit of P. watched us approach P.M. & he up 10.30. Left here to meet us. Miss M. & later to Harold. He is older, shorter & in some indefinable way seems to have coarsened. Much talk. Letters from Lil & Joan. Joan has written to P about an affair & now I can discuss it with him. Words of warning at Eric. Left had lunch on board. Mabel came 2.30, & she, I, O. I went to build & back for the run, walking from Ella Beach. I pleasant. Bath & dinner. Talk on deck & watched unloading. I wrote letters, supper & talked to Mr. Nicols, whom I like. Round trippers for Mabel.

20.1.57. up to 7.30. Mass. Home to take to bed. Odd job, ironing, wrote to Joan & Joan. I had. Did me P. Lunch, read, slept till 5.30. Wrote to Mabel. O. I, I to Bibb Nurse for tea. Miss M. not really well. Laid Freeman nice. She spoke to me a little about Miss M. & Erica, as she is concerned.

Wholly set up and printed in Australia by W. C. Penfold & Co. Pty. Ltd., 88 Pitt Street, Sydney. 216
concerned. I thought it might have been Eric. Mine in a taxi & Mabel. Harold P & think does not appear of me. I thought it might have been Eric. Mine in a taxi & Mabel.

1957

Jan 1 Left here after leave

Jan 9 DCA mapped Embi strip
then Wayne arrived

11 Met Fr Charles S'SF at Conf.
Dr Capell there

15 Whooping cough in St Lawrence.

24 MacLaren's remains interred
behind the altar

Feb. Lillias & Dorcas

Feb 24 Asst. Administration ^{nurses} visited
(Mr Wilson)

25 News of Mother's fall.

27. Confirmed # ship.

4 phones came. Works went.

Mar 2 Moskie's operation from Bay

10 Snow left for Bay GK. helping?

29. Electric light at Eros - D man?

Apr 14 Bp. de Mel's visit

17 Dr Pennington came

6. Jim Stephenson arrived

Apr 23 Lillias sacked

25 Jean saw when Lucian was killed

May 4 Talk to D.C. re SMH land

22 beam arrived at Embi

Jun 3 F. McCall came

June 10 Lucian: Burns to ^{Lucian}

10: New Mission House blessed. John B & Annie

Kenneth SMH.

Neville Dist. Lic. ^{relieving}

Jun 18. 2 new before ^{man} ^{went 3017}

26 along ^{Bethan} died. ^{visited Sammarai, couldn't find.}

July 5 Gw. Len. visited Sammarai, couldn't find. ^(Orekania?)

July 12 Dixon sacked (Orekania?)

30 Phlegon began in draft.

30 Frank Lookback app. H. Hartman

Aug 5. Carlson began as medical

12 Janus left.

Nov. Mesta. Then engaged

